Xentuck

## The Hook-UP for Kentucky

Making the CONNECTION Between HIGH



JOBS CAREERS FUTURES!

Carning Power

Experience
Learning Pride

Honor Future

Adventure Leadership

EXPLORE INSIDE

A Resource for Young People Exploring Peaceful Possibilities for Their Future: Focus on Kentucky

**AFSC Great Lakes Region 2009** 



#### Making the Connection from High School to A Great Future:

A Resource for Young People Exploring Peaceful Possibilities for Their Future

**Making the Connection** is a resource for young people exploring peaceful possibilities for their future. AFSC is a Quaker peace and justice organization. We believe that young people often join the military because they believe there are no other alternatives. We have created this guide to help young people see the full range of options available to them.

According to the *National Priorities Project, Recruitment 2008*, four of the 100 counties with the highest military recruitment rate are located in Kentucky: Hardin, Rockcastle, Union, and Jackson. This guide, while useful to youth throughout the state, is most useful to young people in these counties, as well as the Louisville and Lexington areas.

**Published by:** American Friends Service Committee (AFSC) 637 S. Dearborn, Ste. 3 Chicago, IL 60605 (312) 427-2533 http://www.afsc.org/chicago/

Project Coordinator: Darlene Gramigna

Compiled by: Rachel Dickson, Tomás Salvador Pizarro Erazo, Jesus Palafox, and Kelly

Vaughan

To order, please contact Darlene Gramigna at (312) 427-2533 or email <a href="mailto:dqramigna@afsc.org">dqramigna@afsc.org</a>.

Please consider adopting a school by making a donation that would allow the distribution of this booklet at a high school of your choice.

American Friends Service Committee's Great Lakes Regional Office developed this regional guide based on *What's Next*, written and published by AFSC's National Youth and Militarism Program and *Great Jobs, Careers, and Future* written and published by AFSC's Pasadena Office and the Coalition Against Militarism in our Schools. The cover was adapted from Pasadena's *Great Jobs, Careers, and Futures*.

We have attempted to list resources that may be of use to young people; however, AFSC does not endorse or guarantee any of the organizations or programs in this document. All information contained in this publication is subject to changes by the individual institutions offering the programs. If you need further information, have suggestions that should be included in this publication, or if you want to support our efforts in helping young people in

their pursuit of nonviolent careers, please contact us at the above address.

EDITOR'S NOTE: Information paraphrased and excerpted (in italics) from websites listed.



Quaker values in action

#### **TABLE OF CONTENTS**

Section One: Getting Started	
<ul> <li>Getting Started</li> <li>Planning a Career         <ul> <li>In-Person Help</li> <li>Online Help</li> </ul> </li> <li>Exploring the Possibilities         <ul> <li>Fastest Growing Jobs</li> <li>Focus on Healthcare</li> <li>Training by Industry</li> </ul> </li> </ul>	p. 4 p. 5 p. 5 p. 6 p. 8 p. 9 p. 11 p. 13
Section Two: Training for the Future	
<ul> <li>Finding Your Perfect College</li> <li>Private, Public, or Community?</li> <li>Community Colleges:         <ul> <li>A Very Smart Place to Begin</li> <li>Selecting A College</li> <li>Paying for College</li> <li>Special Circumstances</li> </ul> </li> <li>Finding Your Perfect Training Program         <ul> <li>Job Training Programs</li> <li>Trade Schools</li> <li>Apprenticeships and Internships</li> <li>Small Business Training</li> </ul> </li> </ul>	p. 14 p. 15 p. 15 p. 17 p. 20 p. 22 p. 22 p. 23 p. 23
Section Three: Serving and Exploring  Making a Difference in Your Community Living an Adventure During Your Gap Year	p. 25 p. 25
Section Four: Resources  > Questions for Military Recruiters And The Answers They Should Give You!	p. 29

#### **SECTION ONE: GETTING STARTED**

#### GETTING STARTED: WHAT'S NEXT?

You may almost be out of high school or preparing to make other life transitions. You're not sure what's next, but you know you're in for some changes—a temporary job, a new school, even taking a year or two off from college or a career to explore.

#### Do you want to?

Have an adventure? Go to college? Earn money for college?

Serve your country or community? Try out a new career?

Making the Connection is designed to help high school students and other young adults begin to explore peaceful possibilities for their future. This guide will list lots of ways to get the advice, education, and experiences you need to find and keep rewarding, exciting, and well-paid jobs and careers. We hope this guide will help you begin to see the many choices around you; however, we strongly suggest that you also meet with a career counselor at your high school, college, or adult school or seek out career counseling at a local community organization for more information and to help plan next steps.

The Internet is a tool that will lead you to many, many opportunities. New choices come up everyday! The public library is a great place to start. Most branches offer free classes on how to use the Internet, as well as free Internet access. **NOTE:** Use your best judgment when using the Internet: be cautious when giving out personal information, even your email.

**Remember**: You do not need to decide right now what you want to do with your whole life, but the decisions you make now can help you prepare for a career that will bring you financial security and fulfillment.

#### PREPARING FOR THE JOURNEY

When you're making changes—from high school or something else—not knowing can be the hardest part. It may help to:

- ➤ Get Help: Talking to career counselors or adults you trust can help you make good decisions.
- Search the Internet: The Internet is a great resource. Many libraries and community groups will let you use the Internet for free.
- Take Small Steps: When in doubt, make a smaller change instead of a huge leap.
- Find What's Exciting to You: Reflect on what inspires you and what you feel passionate about. Then, find a job that allows you to live your passion every day.
- > Experiment: Test reality by taking action (take a class, apply for a job, get an internship).
- Surround Yourself with People Who Support You: Connect with people who believe in you, provide healthy support, and provide constructive criticism.

### PLANNING A CAREER: TAKING THE MYSTERY OUT OF WHAT'S NEXT

Do you know now what career you want? If your answer is, "No," you're not alone. It may help to think about your interests, your skills, your education and training options, and your resources. Exploring all of your options is an important first step down any path. If you need help, you'll find resources for learning about jobs and careers.

Several free tools are online or at most job counselors' offices that can help you research careers and even learn about yourself and what kind of job you might enjoy. Please note, however, that while online tests can be interesting and helpful to get you thinking about all of your options, you are the ultimate expert on you.

IN-PERSON HELP

It's best to talk with people who are "in the know." In addition to talking with your school counselors, people at

job fairs, ministers, parents or friends of parents, here are a few government resources and community centers that may be able to help you.

Many of the community groups and job training sites found on pages 21-24 can help.

Kentucky Office of Employment and Training http://oet.ky.gov/ 275 East Main Street 2<sup>nd</sup> Floor Frankfort, Kentucky 40601

(502) 564-7456

The Kentucky Office of Employment (OET) and Training has a great website that allows you to look into: job services, labor market information, and training opportunities. This office has both a resource center and a career center.

The OET also has offices, career centers and resource centers all over the state. **To find** the office closest to you, call (502) 564-7456.

Some are even **COMPREHENSIVE ONE STOP CAREER CENTERS** and **AFFILIATE ONE STOPS**]. To find the One Stop Center closest to you, go to

http://www.servicelocator.org/. For help finding one near you, call (888) 967-5663 (1-888-WORK-ONE). For a map and complete list of centers in Kentucky, go to http://www.oet.ky.gov/des/wis/wfservices.htm

Many of these "one stop service centers" offer: career counseling; free-job related telephone, internet, fax, and copy services; GED exam preparation; ESL classes; information on schools and training programs. Many offer youth services including learning how to write and post your resume; preparing for job interviews; and finding summer jobs and internships. Some centers can even help you find living expenses while in training, find childcare, and find financial aid.

It's true most of the time that you can just change jobs or quit, but there is one major exception. If vou decide to join the military. leaving can result in a dishonorable discharge, which could harm your future employment opportunities. Also, it is difficult to switch jobs in the military. So, if you train as a cook, don't expect to switch to a computer tech later. And skills and certifications you learn in the military may have no civilian counterpart once you leave the military.



Many of the following government programs offer good services, but accessing them can be challenging. **Be persistent** – call ahead to make certain the office closest to you offers the services you need!

#### Kentucky One Stop Career Centers (Partial List)\*

Hardin	Lincoln Trail Career	(270) 766-5115	916 North Mulberry
County Jefferson	Center Nia Center	(502) 574-4100	Elizabethtown, KY 42701 2900 W Broadway
County	Kentuckiana Works One Stop	(302) 374-4100	Louisville, KY 40211
Jefferson County	Kentuckiana Works One Stop	(502) 595-4003	600 West Cedar Louisville, KY 40202
Fayette County	Central Kentucky Job Center	(859) 258-3140	1055 Industry Road Lexington, KY 40505
Rockcastle County	Rockcastle Co. CAP	(606) 256-2001	Rt. 6, Box 43 Mt. Vernon, KY 40456
Jackson County	Daniel Boone Community Action Agency Inc.	(606) 364-4484	649 Kentucky Highway 290 McKee, KY 40447
Union County	Union County Career Center	(270) 389-9531	4500 U.S. Highway 60 West Morganfield, KY 42437

# Look Online

You can also go to career websites online, but there's no substitute for talking with professional job counselors. Many websites have information useful for exploring job opportunities and training programs and even finding jobs. Browse!

#### KENTUCKY OFFICE OF EMPLOYMENT AND TRAINING SELF REGISTRATION

https://selfreg.kv.gov/

You can: search for a job, register for employment and post an on-line resume, and link to other useful sites.

#### KENTUCKY WORKFORCE INVESTMENT ACT YOUTH SERVICES

http://oet.ky.gov/des/youth/youth.htm

Office of Employment and Training 275 East Main Street 2<sup>nd</sup> Floor Frankfort, Kentucky 40601 (502) 564-7456

Includes a number of programs: services include assistance in academic and occupational learning, leadership skills, higher education, additional training and eventual employment. Individuals who meet the following criteria are eligible for services through WIA Youth Services: age 14 through 21 and low income, and within one or more of the following categories: not meeting the minimum basic literacy skills level; school dropout; homeless, runaway, or foster child; pregnant or parenting youth; offender; is an individual (including a youth with a disability) who requires additional assistance to complete an educational program, or to secure and hold employment.

#### □ Career Voyage: http://www.careervoyages.gov/

You can explore hundreds of different careers, learn about job prospects and educational requirements for those jobs, and even watch videos about what they are like! The CAREER COMPASS will also help you match your interests with career choices.

#### America's Career InfoNet: http://www.acinet.org/acinet/

Look here to find out about wages and employment trends, occupational requirements, stateby-state labor markets conditions, employer contacts nationwide, financial aid information, and the most extensive career resource library online.

#### □ Occupational Outlook Handbook: <a href="http://www.bls.gov/oco/">http://www.bls.gov/oco/</a>

This is a great site for information about hundreds of different types of jobs – such as teaching, practicing law, and nursing. The OOH tells you: the training and education needed, job responsibilities, average wages, and job prospects.

#### □ What Interests You? : http://www.bls.gov/k12

Find jobs that match your interests at this US Department of Labor site.

#### Career and Tech School Finder:

http://www.khake.com

Explore vocational and technical careers, check out the skills employers really want, find a trade school, research technical topics and take a look at the current job market.

#### Occupational Information Network (O\*NET)

http://online.onetcenter.org/

Describes key attributes and characteristics of workers and occupations. You can FIND OCCUPATIONS, complete a skill search, and find inform information about in-demand jobs.

#### Princeton Review Career quiz:

http://www.princetonreview.com/cte/quiz/career\_quiz1.asp

Create a free account and complete a 24-question quiz to identify your interest and style and link to careers that may be a match. You can then learn about the requirements, pay, and day-to-day characteristics of that job.

- Kentucky Job Openings: <a href="http://www.kentucky.jobopenings.net/">http://www.kentucky.jobopenings.net/</a>
- □ Top Jobs in Kentucky: <a href="http://kentucky.jobs.topusajobs.com/">http://kentucky.jobs.topusajobs.com/</a>
- Kentucky Office of Employment and Training Self Registration: https://selfreg.ky.gov/

#### KNOW HOW TO GO KENTUCKY: http://www.knowhow2goky.org/index.php

Helps with step-by-step ways to go to college in Kentucky. Great information on college for high school students, college students, and adults.

### Do you want to be: An artist? A zoologist?

A teacher?

An actor? A bus driver?

A social worker?

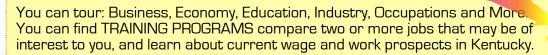
A politician? A lawyer? A recording artist?

While we have only featured those careers that appear on the "Fastest Growing Jobs" or "Best Bet Jobs" lists in this guide, there are thousands of other career possibilities . . . many of which are included in the online websites linked here or at your career counselor's office!

#### CHECK IT OUT!!!

The Workforce Kentucky Labor and Market Information has tons of great information!

http://www.workforcekentucky.ky.gov/?PAGEID=67&SUBID=115



While on the site, make sure to check out: **KENTUCKY CAREER PROFILES!** <a href="http://www.workforcekentucky.ky.gov/admin/uploadedPublications/426\_2004-2014\_Profiles.pdf">http://www.workforcekentucky.ky.gov/admin/uploadedPublications/426\_2004-2014\_Profiles.pdf</a>

A great source that provides job descriptions, educational requirements, working conditions, training facilities, skills and "outlook opportunities" for over 100 occupations

#### You can also:

Find Occupation by Skill:

http://www.workforcekentucky.ky.gov/cgi/career/occbyonetskillsselection.asp

Search for Jobs:

http://www.workforcekentucky.ky.gov/cgi/career/jobsearchquick.asp

Find Education and Training Links:

http://www.workforcekentucky.ky.gov/cgi/career/?PAGEID=3&SUBID=115

#### **Exploring the Possibilities**

Many of the new jobs out there today are in service industries—businesses that: sell items (retail), move people (tourism) or money (banking), or provide services (education, legal help, health care). Many service jobs are in retail. That's why it may not be hard to find low paying retail jobs at fast food restaurants or in the mall. Some careers in retail can be dead ends, depending on what other training you get and whether you will be able to rise in the ranks quickly enough to offset the initial low wages.

Landing a different type of job that pays on the higher end usually means getting specialized training and skills. A good idea, in this economic climate, is to "job shadow". Start to learn what people do in different jobs. Once you see actual possibilities, you'll have a better idea of what you'll want to do. There are choices: you'll just have to look around to see them!

#### **JOB SHADOW:**

To "shadow" or follow an adult friend at his or her job, ask questions, watch what he/she does, and/or look for an internship or apprenticeship.

#### THE 20 FASTEST GROWING JOBS IN THE UNITED STATES

The numbers of openings in these jobs are expected to grow the fastest during the next five to seven years. The *Fastest Growing Occupations, 2006-16 From the Bureau of Labor Statistics,* 2007, lists the following careers:

- 1. Network Systems & Data Communications Analyst
- 2. PERSONAL AND HOME CARE AIDES
- 3. HOME HEALTH AIDES
- 4. Computer software engineers, applications
- 5. VETERINARY TECHNOLOGISTS AND TECHNICIANS
- 6. Personal financial advisors
- 7. Makeup artists, theatical and performance
- 8. MEDICAL ASSISTANTS
- 9. VETERINARIANS
- 10. SUBSTANCE ABUSE AND BEHAVIOR DISORDER COUNSELORS
- 11. Skin Care Specialist
- 12. Financial Analyst
- 13. SOCIAL AND HUMAN SERVICE ASSISTANTS
- 14. Gaming surveillance officers and gaming investigators
- 15. PHYSICAL THERAPIST ASSISTANTS
- **16. PHARMACY TECHNICIANS**
- 17. FORENSIC SCIENCE TECHNITIANS
- 18. DENTAL HYGIENIST
- 19. MENTAL HEALTH AND SUBSTANCE ABUSE SOCIAL WORKERS
- 20. MARRIAGE AND FAMILY THERAPISTS

CHECK IT OUT! Jobs labeled in CAPITAL LETTERS are in the health care field.

http://www.bls.gov/emp/emptab21.htm

#### **KENTUCKY'S 20 FASTEST GROWING JOBS!**

All information excerpted from America's Career Info Net. PAY - indicates the median wage. Please note, that this IS NOT the starting wage. Education indicates the *Most Common Educational/Training Level*. full list of fastest Kentucky, see the growing jobs in http://www.acinet.org/acinet/oview1.asp?Level=Overall&from=State&stfips=21. Please note (as recorded on the ACINET's website): These are the occupations that are projected to grow the fastest during the 2006-2016 time period. This does not mean these are the occupations with the most openings.

#### ON THE JOB TRAINING

#### Medical assistants

\$24,300

Perform administrative and certain clinical duties under the direction of physician.

- □ Personal and home care aides \$17,000
  Assist elderly or disabled adults with daily living activities at the person's home or in a daytime non-residential facility.
- □ Occupational therapist aides \$23,200 Under close supervision of an occupational therapist or occupational therapy assistant, perform only delegated, selected, or routine tasks in specific situations.

#### Dental assistants

\$27,900

Assist dentist, set up patient and equipment, and keep records.

□ Gaming and sports book writers and runners \$35,700: Assist in the operation of games such as keno and bingo. Scan winning tickets presented by patrons, calculate amount of winnings and pay patrons...

#### ASSOCIATES DEGREE OR POST SECONDARY TRAINING

- Fitness trainers and aerobics instructors
   \$27,700: Instruct or coach groups or individuals in exercise activities and the fundamentals of sports...
- □ Physical therapist assistants \$42,000 Assist physical therapists in providing physical therapy treatments and procedures.
- □ Veterinarian techs and technicians \$22,000

  Perform medical tests in a laboratory environment for use in the treatment and diagnosis of diseases in animals . . .
- □ Respiratory therapists \$42,600
  Assess, treat, and care for patients with breathing disorders.
- Occupational therapist assistants \$46,900
   Assist occupational therapists in providing occupational therapy treatments and procedures.
- Dental hygienists \$55,000
   Clean teeth and examine oral areas, head, and neck for signs of oral disease.

#### BACHELOR'S DEGREE

#### □ Network and computer systems

administrators \$48,300

Install, configure, and support an organization's local area network (LAN), wide area network (WAN), and Internet system or a segment of a network system.

- □ Athletic trainer \$38,900 Evaluate, advise, and treat athletes to assist recovery from injury, avoid injury, or maintain peak physical fitness.
- □ Soil and plant scientists \$49,900
  Conduct research in breeding, physiology, production, yield, and management of crops and agricultural plants, their growth in soils, and control of pests; or study the chemical, physical, biological, and mineralogical composition of soils as they relate to plant or crop growth.
- ☐ Personal financial advisors \$45,200

  Advise clients on financial plans utilizing knowledge of tax and investment strategies, securities, insurance, pension plans, and real estate.
- Network Systems and data communicationAnalysts \$54,600

Analyze, design, test, and evaluate network systems, such as local area networks (LAN), wide area networks (WAN), . . .

- □ Database administrators \$61,200 Coordinate changes to computer databases, test and implement the database applying knowledge of database management systems . . ..
- □ Computer software engineers, application \$70,100: Develop, create, and modify general computer applications software or specialized utility programs...
- □ Computer software engineers, systems
  Software \$70,100: Develop, create, and modify general computer applications software or specialized utility programs.

#### **BEYOND BACHELOR'S**

Occupational therapists \$69,300
Assess, plan, organize, and participate in rehabilitative programs that help restore vocational, homemaking, and daily living skills, as well as general independence, to disabled persons

Excerpted From: http://www.acinet.org/acinet/oview1.asp?Level=Overall&from=State&stfips=21.

#### **FOCUS ON HEALTHCARE**

Healthcare offers it all: well-paying work that's on the cutting edge of science and technology, the opportunity to serve others, and excellent potential for advancement. **More than half of the nation's 20 fastest growing jobs are in the healthcare field**. Healthcare careers featured on the nation's fastest growing list and some of those that qualify as Kentucky's "hot" jobs are featured below.

Many schools and programs can help prepare you for a career in healthcare. Find schools closest to you at <a href="http://www.allalliedhealthschools.com/">http://www.allalliedhealthschools.com/</a>. Information on schools is also available at <a href="http://www.health-care-careers.org/states/kentucky.html">http://www.health-care-careers.org/states/kentucky.html</a>. There are also many online schools that now offer degrees in healthcare listed as well. <a href="http://www.bls.gov/oco/">Description, requirements and pay based on the Occupational Outlook Handbook at <a href="http://www.bls.gov/oco/">http://www.bls.gov/oco/</a>. Pay is the median (middle) income in 2006.

Physical Therapist Assistant: Helps physical therapists; performs procedures including exercise, ultrasound, and massages and report outcomes to therapist.

Requirements: associates degree, license to practice Pay: \$41,360 per year

Physician Assistant: Practices medicine under supervision of doctor; can serve as primary care provider.

Requirements: Masters degree; license to practice. Pay: \$74,980 per year

Medical Assistant: Performs administrative (answering phones, scheduling appointments, updating records) and clinical (taking medical history and vital signs, assisting doctor) duties.

Requirements: Formal program in medical assisting; usually takes one year (certificate) or 2 years (associates degree)

**Pay: \$**26,290 per year

**Dental Hygienist:** Examines and cleans teeth; teaches good oral hygiene; does basic procedures.

Requirements: Associate degree from accredited program, license to practice

Pay: \$24.63 to \$35.67 an hour

Occupational Therapist: Rehabilitate[s] people with mental, physical, emotional or developmental impairments; helps people recover from injuries or illness and return to daily activities and to learn to live with permanent injury.

Requirements: Master's degree or PhD, license to practice Pay: \$60,470 per year

Dental Assistant: Aids a dentist in treating patients, keeps medical records, prepares rooms, assists dentist during procedures, performs basic procedures

Requirements: On the job training, high school diploma or GED to enroll in dental assisting programs (usually 1 year or less to complete)

Pay: \$14.52 per hour

Occupational Therapist Assistant: Helps the occupational therapist; assists people learn proper movement (e.g. from wheelchair to a bed) and exercises; and records and reports effects to therapist.

Requirements: Associates degree or certificate Pay: \$33,590 per year

Physical Therapist: Helps patients improve mobility, relieve pain, and prevent or limit permanent physical disabilities.

Requirements: Master's degree or PhD; license to practice Pay: \$66,200 per year

Physical Therapist Aide: Helps physical therapist; prepares the room, answers

phones, and completes paperwork.

Requirements: On the job training Pay: \$24,080 per year

Home Health Aide: Works in residential care facilities or homes to help disabled, ill, elderly, or injured people; does basic medical tasks (e.g. gives oral medications, check pulse, temperature, and respiration); helps bathe, dress, and groom patients.

Requirements: HS diploma or GED required for most positions, certification once hired

Pay: \$10.67 per hour

Personal and Home Care Aide: Helps the elderly, disabled (mentally and physically), and ill in their homes; assists with housekeeping, shopping, cooking, and grooming.

Requirements: On the job training, certification once hired.

**Pay:** \$8.54 per hour

DIAGNOSTIC MEDIAL SONOGRAPHERS (ULTRASONOGRAPHERS): Use x-rays, magnetic resonance

imaging, ultrasounds to diagnosis patients.

Requirements: Associates or bachelor's degrees Pay: \$56,160 per year

#### **GREEN JOBS IN KENTUCKY**

"Green Jobs" are sustainability-focused careers that are normally in the environmental or agricultural sector of the economy. There is plenty of opportunity in Kentucky: 54 per cent of the total land in Kentucky is devoted to farms, and Kentucky in ranked fourth in the nation in the total number of farms [http://www.kyagr.com].

For more ideas about different options in the field, check out this article:

TEN BEST GREEN JOBS FOR THE NEXT DECADE

http://www.fastcompany.com/articles/2009/01/best-green-jobs.html

Check out this website for paid internships on organic farms. You can search for opportunities by state:

SUSTAINABLE FARMING INTERNSHIPS AND APPRENTICESHIPS

http://attra.ncat.org/

#### **TRAINING BY INDUSTRY**

Find a training program at your local community college or job training program. Much of the information found below was found on Career Voyages website at <a href="http://www.careervoyages.gov/">http://www.careervoyages.gov/</a>. There are many schools in Kentucky that offer training in these industries. To find a school near you, go to <a href="http://www.careervoyages.gov/">http://www.careervoyages.gov/</a>.

<b>Auto Services</b>	Auto Services: Do you like cars? Train to be a: car sales person, service			
ALLA CATVICES	manager, technician, or more!			
Auto oo.	Louisville: Jefferson Community and Technical College			
	Lowington Blacgrade Community and recommed Comego and Comercut			
	Community College			
Computers &	Computer and Technology: Are you good with computers? Train to be a network			
anute av	system administrator, computer support specialist, computer programmer, or			
companiogs	more!			
Computer	Barbourville: Union College			
	Ashland: Ashland Community and Technical College			
	Lexington: Bluegrass Community College			
	Hazard: Hazard Community and Technical College			
	Somerset: Somerset Community College			
	Construction: Do you like working with your hands? Train to be a: carpenter,			
a stint	electrician, welder, home inspector, air conditioning/heating specialist, or more!			
Assetruction	Ashland: Ashland Technical College			
Construction	Paintsville: Big Sandy Community and Technical College-mayo Campus			
	Somerset: Somerset Community College			
	Louisville: Jefferson Technical College			
	Elizabethtown: Elizabethtown Technical College			
	Healthcare: Do you like helping people? Train to be a: nurse, medical assistant,			
14hcare	dental assistant, x-ray technician, or more!			
Healthcare	Ashland: Ashland Community and Technical College			
	Prestonsburg: Big Sandy Community and Technical College			
	Richmond: Eastern Kentucky University			
	Louisville: Jefferson Community College			
-6	Business/Sales: Are you a natural sales person? Train to be a: business			
Business & Sales	administrator, marketing expert, sales person, or more!			
Busiles	Ashland: Ashland Community College			
8	Elizabethtown: Elizabethtown Community College			
	Louisville: Jefferson Technical College			
	Lexington: National College of Business and Tech-Lexington			
	Hopkinsville: Brown Mackie College			
-16	Restaurants and Hospitality: Do you enjoy cooking or entertaining? Train to be			
	a: chef, bookkeeper, restaurant or hotel manager, salesperson, or more!			
Restaurants & Hospitality	Louisville: Jefferson Community College			
a Hosp	Paducah: West Kentucky Technical College			
<i>•</i>	- Ladasam VVoor Koniacky Foormical College			
	here are many other training options for the above fields; check out:			
<u>http://www.khake.com/</u> to find vocational and technical schools; <u>www.careervoyages.gov</u> to find apprenticeships in the above industries; <u>www.princetonreview.com/</u> to				
	s.gov to find apprenticeships in the above industries, <u>www.princetohreview.com/</u> to recolleges in your field of choice!			
Jear Gir Toi Tour-year	Conleges in your new or choice:			

#### Section Two: Training for the Future

#### FINDING YOUR PERFECT COLLEGE

Being 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.

Quite a few myths are out there, however, about getting into and paying for college. So before you let the myths discourage you, check out the real story about college.

# Take Time to Learn

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

Sometimes you have to spend money to make money. College graduates earn an average of  $\underline{1}$  million dollars more over their careers than high school graduates. In most cases, you can't afford NOT to go to college. Remember, however, that if you don't graduate, that financial advantage will be lost and you will still have to pay back any loans that you took out. So make it a priority to study something you love and to stay in school.

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

Wrong. Most students receive some form of aid. Less of this aid now comes in the form of grants (free money); however, there are still low interest loans, institutional grants, and work study programs.

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

Most college graduates are perfectly ordinary people in terms of memory, attention span, and other abilities; however, they are usually willing to stretch their minds and exercise their mental abilities. Also, while it's true that most scholarships reward merit, the vast majority of federal aid is based on financial need.

#### MYTH #4: I Have a Family to Support, I Cannot Go to College

Community colleges often have evening classes and programs specifically designed for part-time students. When attending college part-time, it is best to take only two or three courses at a time. If you're arranging your classes around work or family responsibilities, you also need to arrange regular times and places to study. It may take you longer to earn a degree, but you can do it!

#### MYTH #5: 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 most community colleges. Many other colleges and universities do not require entrance examinations. Most 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.

#### PRIVATE, PUBLIC, OR COMMUNITY?

OK, now you have decided to go to college, but how do you choose the one that's best for you. Public and private colleges 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.

The following chart comes from: *Trends in College Pricing 2006, Table 2, Table 2: Sample Average Undergraduate Budgets, 2006-2007 (Enrollment Weighted)* as found at professionals.collegeboard.com/profdownload/trends-in-college-pricing-2008.pdf in May 2007.

Sector	Tuition and Fees	Book and Supplies	Room and Board	Transportation	Other Expenses	Total Expenses
Public Two Year						
On Campus	\$2,402	\$1,306	_	_	_	_
Commuter	\$2,402	\$1,306	\$7,341	\$1,308	\$1,895	\$14,504
Public Four Year						
In-State On	\$6,585	\$1,077	\$7,748	\$1,010	\$1,906	\$18,326
Campus						
Commuter	\$6,585	\$1,077	\$7,814	\$1,401	\$2,197	\$19,074
Out of State On	\$17,452	\$1,077	\$7,748	\$1,010	\$1,906	\$29,193
Campus						
Private Four Year						
On Campus	\$25,143	\$1,054	\$8,989	\$807	\$1,397	\$37,390

Enrollment-weighted tuition and fees are derived by weighting the price changed by each institution by the number of full-time students enrolled in 2007-08. Public four-year-in-state charges are weighted by total 2007-8 full-time enrollments in each institution. Out-of-state tuition and fees are computed by adding the average in-state price to the out-of-state premium weighted by the number of full-time out-of-state students enrolled at each institution. The number of students residing on campus weights room and board charges.

#### COMMUNITY COLLEGES: A VERY SMART PLACE TO BEGIN YOUR HIGHER EDUCATION

Less money, less stress! Community colleges are known as "2 year" colleges because you can get an Associate Degree in 2 years. Community colleges are also a great springboard to a university to earn a bachelor's degree. Community colleges often offer extra support for students, who need help with academics, as well as working students and parents. Many offer excellent career certificates and licensing programs and they usually cost less than 4-year colleges and universities. You can find any community college in any state on this site: <a href="http://www.aacc.nche.edu/Pages/default.aspx">http://www.aacc.nche.edu/Pages/default.aspx</a>

#### COMMUNITY COLLEGES IN JEFFERSON, FAYETTE, AND HARDIN COUNTIES

\*There are no community colleges in Rockcastle, Jackson, or Union counties.

#### Kentucky Community and Technical College System (KCTCS)

www.kctcs.edu (859) 256-3100

KCTCS has 16 colleges and 65 campuses. Day, evening and online classes are offered. Most colleges offer associates degrees, diplomas, certificates, and degree transfer programs. KCTCS also has "open access" which means that everyone with the desire and ability to benefit from college coursework and technical training is welcome. KCTCS colleges have agreements with all public Kentucky four-year institutions and many private colleges and universities to ensure seem less credit transfer.

#### Jefferson Community & Technical College

http://www.jefferson.kctcs.edu

109 E. Broadway Louisville, KY 40202 (502) 213-4000

727 W. Chestnut St. Louisville KY 40203

#### **Elizabethtown Community Technical College**

http://www.elizabethtown.kctcs.edu/index.cfm

600 College Street Road Elizabethtown, KY 42701 (270) 769-2371

#### **Bluegrass Community and Technical College**

http://www.bluegrass.kctcs.edu/

470 Cooper Dr. Lexington, KY 40506 (859) 246-6200

164 Opportunity Way Lexington, KY 40511 (859) 246-6200

2659 Regency Road Lexington, KY 40503 (859) 246-6200

FREE TUITION: A
LIBERAL ARTS
WORK COLLEGE

Berea College is distinctive among institutions – it charges no tuition and admits only academically promising students from the region who have limited economic resources. You can pursue a Bachelor of Arts of a Bachelor of Sciences in 28 fields. All students work at least 10 hours per week in campus and service jobs. http://www.berea.edu

Berea, Kentucky 40404 (859) 985-3000

#### **SELECTING A COLLEGE**

Get started by visiting GO HIGHER KENTUCKY at <a href="http://gohigherky.org/">http://gohigherky.org/</a>. After creating an account, you can explore careers and colleges, find out information about financial aid, visit campuses virtually, and even find applications to Kentucky school.



#### What's The Time Commitment?

Certificate = Less than 2 years of college
Associates = 2 years of college
Bachelors = 4 years of college

Masters = Bachelors + 2 years of college PhD = Masters + 2 years+ of college

#### OTHER GOOD WEBSITES TO HELP SELECT A COLLEGE

□ **Student.gov**: <a href="http://www.students.gov/STUGOVWebApp/Public">http://www.students.gov/STUGOVWebApp/Public</a>

A website designed to provide students with ease access to info and resources from the US government, including: choosing, applying, and financing the right college; learning about careers; and even finding volunteer opportunities and getting your passport.

#### □ ACT College Net: <a href="http://www.act.org/college\_search/fset\_col\_search.html">http://www.act.org/college\_search/fset\_col\_search.html</a>

Search colleges by type (4 year, 2 year, voc tech, professional), region or state, name of institution, majors offered, size, type of institution (public or private), tuition, campus life, and/or average high school GPA or test scores. Then, view contact information, number of students, tuition, and info about admissions, financial aid, campus life, and academics for schools that match your needs. Links to online applications at participating colleges.

#### Princeton Review Counselor-O-Matic:

http://www.princetonreview.com/college/research/advsearch/match.asp

This online "counselor" matches information you provide (about how you did in high school, your extracurricular activities, your family background, location, and your college and career preferences) with possible colleges.

#### College is Possible:

http://www.acenet.edu/

A resource to help students and families plan and find resources to pay for college.

#### Trip to College:

http://www.triptocollege.org/ (877) OUR-GRAD

A step by step guide through the college planning process at every age, this website provides: a list of Kentucky colleges; a program that allows the user to search Kentucky colleges based on your preferences; ideas about how to pay for college; information about completing a FAFSA; and more!

#### KnowHow2GoKentucky:

http://www.knowhow2goky.org/index.php
Helps with step-by-step ways to go to college in Kentucky.

□ US College Search for Kentucky Colleges
http://www.uscollegesearch.org/kentucky-colleges.html

### College: You Can Do IT!

#### PAYING FOR COLLEGE: You Can Do It!

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:

- \* **LOANS**: money you have to pay back (comes with high or low interest rates)
- \* **GRANTS**: free money that does not need to be repaid
- \* **SCHOLARSHIPS**: free money based on merit or skill
- \* WORK STUDY: work part time to help pay your tuition
- \* LOAN FORGIVENESS PROGRAM: Many programs will repay a portion of your student loan if you work in a pre-approved government program.

#### FINANCIAL AID AND SCHOLARSHIPS

When you apply for financial aid, make certain to check the "strings attached" and make wise decisions. There are many scholarship [merit based] and aid programs for which you may qualify. 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 demographic status, where you live, etc.), they often will provide large grants to reduce your tuition costs.

#### Free Application for Federal Student Aid (FAFSA)

A number of government programs can help you. To get loans from the government, you (and your parents or guardians) 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.

The FAFSA form is long (and sometimes 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 <a href="http://www.finaid.org">http://www.finaid.org</a> for useful hints. You can get a paper FAFSA application from any school. You can also fill it out online free at <a href="http://www.fafsa.ed.gov">http://www.fafsa.ed.gov</a>.

Note: The online FAFSA requires moving between about 50 screens, and getting an electronic PIN number for both you and at least one parent or guardian. This takes time so plan ahead.

#### SERVE YOUR COMMUNITY, SERVICE YOUR LOAN!!

Sallie Mae's College Answers.Com is a website that provides information on many ways to pay for college, including loan forgiveness programs. For more information, go to <a href="https://www.collegeanswer.com/paying/content/pay loan forgive.jsp">www.collegeanswer.com/paying/content/pay loan forgive.jsp</a>.

In addition to any wages and/or living allowance provided, these programs also come with an education award that can be used to forgive (cancel) money you owe on student loans.

- AmeriCorps\*: A federal program that employs over 70,000 people per year to work in the areas of education, healthcare, environmental protection, and public safety. (Receive up to \$4,725 after serving a yearlong term). <a href="http://www.americorps.org/">http://www.americorps.org/</a> (202) 606-5000
- □ Volunteers in Service to America (VISTA)\*: As an AmeriCorps program, VISTA focuses on "empowering people in low income areas" by working to help end "hunger, homeless, poverty, and illiteracy." (Receive up to \$4,725 after completing a minimum of 1700 hours.) <a href="http://www.americorps.gov/about/programs/vista.asp">http://www.americorps.gov/about/programs/vista.asp</a> (202) 606-5000
- **Teach for America:** If you are a college graduate, you can apply to teach in an urban or rural public school. (Receive up to \$4,725 each year you serve.) <a href="http://www.teachforamerica.org/">http://www.teachforamerica.org/</a> [800] 832-1230
- **Peace Corp:** Volunteer in a developing country working in the areas of healthcare, environmental protection, business, or education and a portion of some federal loans will be forgiven. <a href="http://www.peacecorps.gov/">http://www.peacecorps.gov/</a> (800) 424-8580

There are also loan forgiveness programs for teachers and health care professionals who are working in underserved areas. See College Answers.Com's webpage for more information!

\* Awards can be applied to future tuition (up to 7 years from the time you finish the program).

Note, the unemployment of a parent, single-parenthood, and major non-discretionary expenses such as medical bills can move your application into a "need-based" category. If you have such situations, you may be eligible for more than you think.

#### SCHOLARSHIP & FINANCIAL AID SITES:

- □ KnowHow2GoKentucky <a href="http://www.knowhow2goky.org/index.php">http://www.knowhow2goky.org/index.php</a>
  Helps with step-by-step ways to go to college in Kentucky.
- College Board

http://www.collegeboard.com/student/pay/add-it-up/4494.html

 Kentucky Higher Ed Assistance Authority www.kheaa.com

Financial aid and information about higher education in Kentucky.

- □ Kentucky College Scholarshipshttp://www.college-scholarships.com/kentucky.htm
- □ Kentucky resident scholarship/ grant info
  http://www.kheaa.org/website/kheaa/kees?main=1
- □ Princeton Review Scholarship Search:

www.princetonreview.com/college/finance/scholar/

Princeton Review Financial Aid Articles:

http://www.princetonreview.com/college/finance/

Good information on paying for school, understanding loans, and calculating costs.



http://www.fastweb.com/www.lcanaffordcollege.com

<u>College Financial Aid for</u>
<u>Dummies</u> by Herm Davis and
Joyee Lain Kennedy (IDG Books
Worldwide, 1999).

#### □ The Wired Scholar: www.wiredscholar.com

A great site that helps you learn more about choosing to, applying to, and paying for your college of choice

#### The Student Guide to Financial Aid:

#### www.studentaid.ed.gov

This guide to financial aid is updated each year and available free online or by calling (800) 433-3243.

#### □ State and Federal Aid: http://www.finaid.org.

Find resources for financial aid information.

#### □ Corporation for National Service: www.nationalservice.org

AmeriCorps, VISTA and the National Civilian Community Corps hire tens of thousands of people a year to do important work while earning money for college. Contact the Corporation for National Service at 1201 New York Ave NW, Washington, DC 20525 or at [800] 942-2677.

□ Churches, Colleges, and University Loan Sources: www.feat.centeronconscience.org
For a listing of other loan sources provided by churches and colleges and universities, see the website or contact Center on Conscience and War at (202) 483-1242.



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 offices and vocational rehabilitation services all offer financial aid.

#### SPECIAL CIRCUMSTANCES

If you are ineligible for federal financial aid, it is important to contact the Financial Aid Officer at the school you wish to attend. They may know of scholarships or funding options of which you are unaware. Possible reasons you may be ineligible for federal aid: drug conviction, dependency status, refusal to register for selective service, immigration status, or other problems, (tax problems, parental refusal to fill out forms).

**Dependency Status:** If your parents will not support you or you are not in contact with them, you may petition the school to consider you as an independent student, meaning you can get financial aid without your parents' help. In most cases, colleges are reluctant to grant this status, but community colleges may be more helpful. Usually only married students, parents of dependent children, veterans, graduate students, and wards of the court under the age of 24 are considered independent for financial aid purposes.

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) <a href="https://www.feat.centeronconscience.org">www.feat.centeronconscience.org</a>. They also provide a list of schools that will help no registrants financially.

#### Undocumented Students:

Being undocumented does not mean that you are unable to attend college, so do not become discouraged. While being an undocumented student disqualifies you from receiving federal financial aid, there are other sources that can help you pay for your education. There are a number of scholarships available for undocumented students. For more information, go to <a href="http://www.finaid.org/otheraid/undocumented.phtml">http://www.finaid.org/otheraid/undocumented.phtml</a>.

#### CHECK IT OUT!

□ **LEARN:** APRENDE <a href="http://elpuenteproject.com/?pageld=79">http://elpuenteproject.com/?pageld=79</a> Guideline for Undocumented Students applying for college. Visit the site or call (317) 274-6819.

LEARN also has good info on financial aid and scholarships for Latino students, with documentation and without. <a href="http://elpuenteproject.com/?pageld=53">http://elpuenteproject.com/?pageld=53</a>

□ The Congressional Hispanic Caucus Institute Education Center http://www.chci.org/

Info on scholarships, internships, and college search – even a College Preparation Kit. Visit site or call

□ FastWeb: www.fastweb.com

Free scholarship search service that uses your answers to a questionnaire to list scholarships that you may be able to receive.

- Scholarship Guide <a href="www.niu.edu/lrc/scholarships/ScholarshipGuide%201.pdf">www.niu.edu/lrc/scholarships/ScholarshipGuide%201.pdf</a>
  Great list of scholarships and resources for Latino and undocumented students in Kentucky and the Midwest.
- □ Hispanic Scholarship Fund www.hsf.net

Lists many different scholarship and aid programs. See site for details.

□ Mexican American Legal Defense and Education Fund <a href="http://www.maldef.org">http://www.maldef.org</a> Information on scholarships and programs.

### FINDING YOUR PERFECT JOB TRAINING PROGRAM JOB TRAINING PROGRAMS

While most good paying jobs require post-secondary training, not all of them require college. There are many good vocational programs available. Vocational programs are offered at universities, community colleges, and even community organizations. Some offer part-time programs, others are intensive full time programs some are even residential programs. Check out organizations below.

**NOTE:** This is not a complete list. Check local organizations or the web for more info.

□ Project One, Inc.

Career path employment and skills for Youth in Louisville <a href="http://project1inc.org/">http://project1inc.org/</a>
2600 W Broadway Suite 301Louisville, KY 40211 (502) 778-1003

Boys and Girls Clubs of Kentuckiana <a href="http://www.bgckyana.org/">http://www.bgckyana.org/</a>
 1519 Story Avenue Louisville, KY 40206 (502) 585-5437
 The Boys and Girls Club offers computer labs and technology training and career preparation.

#### Kentucky Financial Incentives Project Database

The Kentucky Cabinet for Economic Development offers financial incentives to companies that offer job training to employees. To search through a database of companies that such funds by county, check out this site: <a href="http://www.thinkkentucky.com/fireports/FISearch.aspx">http://www.thinkkentucky.com/fireports/FISearch.aspx</a>

#### New Horizons Computer Learning Centers

A Lexington based computer-training company http://www.nhlexington.com/

#### Executrain of Louisville and Lexington

Executrain offers; computer training, business management skills, and proprietary training. The company has offered free job training to displaced workers in the past. Check out their website for current information. Check out their website for current workshop info. <a href="http://www.executrainky.com/">http://www.executrainky.com/</a>
230 Lexington Green Circle, Lexington, KY [859] 271-0296
9300 Shelbyville Road, Louisville, KY [502] 429-6444

- □ **Kentucky Child Now!** Offers training and workshops for youth! http://www.kychildnow.org/index.php/traininginstitute#offer
- YouthBuild Louisville: Young Adult Development in Action, Inc
   A <u>residential</u> job training and education organization for unemployed young adults; participants learn to build and rehabilitate affordable housing in their own communities while earning college credit. <a href="http://www.youthbuildlouisville.org/">http://www.youthbuildlouisville.org/</a>

800 West Chestnut, Room 119 Louisville, KY 40203 (502) 213-4257

#### TRADE SCHOOLS

In addition to job training programs at local community groups, you can also pursue an education from a trade school. A variety of training programs are available across the country. Once you find one, locate the contact information and call or email to get more information. Communicating with a person about the program will bring it to life.

#### FIND A TRADE SCHOOL NEAR YOU: http://www.khake.com

Explore vocational and technical careers, check out the skills employers really want, find a trade school, research technical topics and take a look at the current job market.

Many community colleges offer skills programs, too. See <u>page 15</u> or go to: <a href="http://www.aacc.nche.edu/Pages/default.aspx">http://www.aacc.nche.edu/Pages/default.aspx</a>

### FIELDS OFFERING APPRENTICEHSIPS:

- Aerospace
- Automotive
- Biotechnology
- Construction
- Energy
- Financial Services
- Health Care
- Hospitality
- Information Technology
- Manufacturing
- Retail
- Transportation

#### **APPRENTICESHIPS AND INTERNSHIPS**

You may have read about "apprenticeships" in your history books. But these centuries-old, formalized job-training programs are rapidly gaining popularity throughout the country. You "earn while you learn" as an apprentice—acquiring valuable vocational skills on the job.

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.

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 have demonstrated a good work ethic and dependability. For the apprentice, these programs provide an income while learning.

According to the IL
Department of
Employment Security, a
typical apprenticeship is
three to five years and
consists of at least 2000
hours of on the job training
and a minimum of 144
hours of classroom

#### WHAT'S IT MEAN?

- 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

training per year. An apprentice starts earning around half of the prevailing wage on a tradesperson in their industry, but gradually earns more money. Most apprenticeship programs require the applicant: to have a high school diploma or GED, to be physical fitness, and to have the ability to work with his/her hands.

#### Kentucky State Office of Apprenticeships:

(502) 582-5223

Contact: John Delgado, State Director USDOL/ETA/OA Federal Building - Room 168 600 Martin Luther King Pl.

Louisville, Kentucky 40202

Kentucky State Apprenticeship Agency (502) 564-3070

Mike Donta 1047 U.S. Highway 127 South, Ste 4 Frankfort, KY 40601

Career Voyages: <a href="http://www.careervoyages.gov/apprenticeship-main.cfm">http://www.careervoyages.gov/apprenticeship-main.cfm</a>. This is a government-sponsored site that allows you to find apprenticeship programs by career. Click on the career that interests you and then search for apprenticeship programs throughout Kentucky.

#### SMALL BUSINESS TRAINING PROGRAMS:

#### Creating Your Own Wealth by Starting A Small Business

Would you like to work for yourself? Would you like to learn how to turn your resourcefulness into a way to start a business? New approaches to business training are helping people who usually do not see themselves as business-minded redefine themselves and use the skills they already have.

#### In-Person Help:

First, Kentucky has many Small Business Development Centers led by the Small Business Administration. Most of these are connected with 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. For a list of offices, see <a href="http://www.sba.gov/localresources">http://www.sba.gov/localresources</a>.

#### Small Business Administration Kentucky District Office

http://www.sba.gov/localresources/district/ky/index.html

600 Dr. Martin Luther King Jr Pl., Room 188 Louisville, KY 40202-2254 [502] 582-5971 Offers good resources, including a business start up kit and resources on financing your business, understanding government regulations, and getting assistance to help turn your idea of creating a small business into a reality. You can even take a free online course!

#### SCORE Kentucky (502) 582-5976

http://www.score-kentucky.org/

Federal Building 600 Dr. Martin Luther King, Jr. Pl, Rom 1888 Louisville, KY 40202 SCORE "Counselors to America's Small Business" is a nonprofit organization that offers free business counseling, business resources, and low cost workshops (starting a business, creating a business plan, getting financed, etc.). The website includes great resources (in both English and Spanish) for small business people, with specific help for minorities, women, and youth.

#### Online Help:

#### Making Cents Business Simulation Course <a href="http://www.makingcents.com">http://www.makingcents.com</a>

This free course takes place 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.

#### Business Start Up Kit <a href="http://www.sba.gov/teens">http://www.sba.gov/teens</a>

This is a government site designed for young people starting their first businesses. The business start up kit will help you think through the steps of starting a business.

#### SECTION THREE: SERVING AND EXPLORING

#### MAKING A DIFFERENCE IN YOUR COMMUNITY

There are many programs that provide you the experience to serve your community and country. A few are listed below.

#### AMERICORPS PROGRAMS:

http://www.AmeriCorps.org/

Do you see yourself being a hero for your country? If so, one-way is to become a member of AmeriCorps. AmeriCorps is a civilian organization that provides many opportunities to serve while you are learning skills and earning money for college.

There are literally thousands of AmeriCorps options, many of them right near you. There are 66 national service projects across Kentucky, and 504 member organizations you can work for in Kentucky. The benefits are the same whether you are tutoring kids in the city or building hiking trails in the wilderness, so take the time to find a program that will utilize your talents and skills. Many nonprofits have at least one or two AmeriCorps paid service opportunities, so don't restrict your search to the biggest AmeriCorps programs. Ask local organizations that you like if they have an AmeriCorps slot, search the website at http://www.americorps.org/for\_individual s/ready/find.asp, or call 800/942-2677.

Requirements: US citizen or legal residents; at least 17 years old, requirements vary by program

Pay: Modest living allowance, \$4,725

Education award after completion of program, which can be used for up to seven years after your term of service ends to help pay for higher education or pay off student loans; defer student loans.

# LIVING AN ADVENTURE DURING YOUR GAP YEAR

Are you interested in taking a year off between high school and college or your career to travel, work, or just have an adventure? Check out the following sites for some ideas!

Outward Bound Wilderness:

www.outwardboundwilderness.org

If you want exciting, challenging, and hands-on program in the wilderness, Outward Bound may be for you. Students of all ages develop self-reliance, responsibility, teamwork, confidence and compassion, as well as environmental and community stewardship.

#### LEAPYear: www.leapnow.org

A nine-month program for 17-20 year-olds, this program includes: a three-month semester of language, service in Central or South America; a solo internship in Latin America or Spain; a formal Rite of Passage; and a curriculum of Life Skills Learning held in the U.S.

Youth Travel: http://www.youthtravel.org/ A website with information on how to travel safely.

United Planet: <a href="http://www.unitedplanet.org">http://www.unitedplanet.org</a>
This site offers travel abroad services and educational opportunities.

The Gap-Year Advantage by Karl Hailer and Rae Nelson (St Martin's Griffin; 2005)
Good ideas for a gap year after high school or during college.

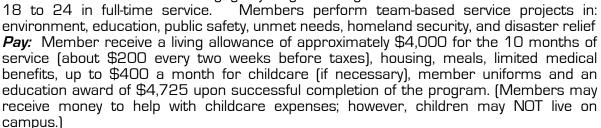
The Back Door Guide to Short-Term Job Adventures: Internships, Summer Jobs, Seasonal Work, Volunteer Vacations, and Transitions Abroad by Michael Landes (Ten Speed Press; 4th edition 2005.

#### AMERICORPS \* NATIONAL CIVILIAN CONSERVATION CORP (NCCC)

http://www.americorps.org/

**Who:** Young adults (ages 18-24) who are committed to 1700 hours of service; US citizen or legal resident; additional requirements may be required by each program.

What: AmeriCorps\*NCCC is a <u>residential</u>, team-based, national service initiative that engages young adults ages



Where: Call 800/942-2677 for more info. Members from Kentucky will be placed in Denver, CO, Perry Point, MD, or Sacramento, CA.

#### AmeriCorps Vista:

http://www.americorps.gov/about/programs/vista.asp

AmeriCorps\*VISTA (Volunteers in Service to America) provides full-time members to nonprofit, faith-based and other community organizations, and public agencies to create and expand programs that ultimately bring low-income individuals and communities out of poverty.

VISTA Volunteers can work at such places in Kentucky as: Adelante Hispanic Achievers, Americana Community Center, Big Brothers Big Sisters, Bluegrass Literacy, Kentucky refugee Ministries, Christian Care Center, Jefferson County Public Schools, Red Cliff Tribe, Salvation Army Boys and Girls Club, United Way, and many, many more.

Visit the website or call 800/942-2677 for more information!

#### Volunteers of America of Kentucky

http://www.voaky.org/

933 Goss Avenue Louisville, KY 40217

(502) 636-0771

With a staff of over 800 and a volunteer base of over 500, VOAKY has many options for serving the community and getting involved in local projects. Contact them to find out about current programs and how to get involved. Generally, they work with homeless and low-income families, veterans, and pregnant/ parenting teens.

#### Lexington Habitat for Humanity

www.lexhabitat.org

1260 Industry Rd Lexington, KY 40505

(859) 254-6724

LEXINGTON HABITAT FOR HUMANITY, INC. is a non-profit, ecumenical Christian ministry that cultivates partnerships with families in need, sponsors and volunteers to build simple, decent, affordable housing in Fayette County, Kentucky.

#### American Red Cross

http://www.louisville-redcross.org/

510 E. Chestnut Street Louisville, KY 40201 (502) 589-4450

Led by 1.2 million volunteers and 30,000 employees, the Red Cross annually mobilizes relief to families affected by more than 67,000 disasters, trains almost 12 million people in lifesaving skills and exchanges more than a million emergency messages for U.S. military service personnel and their families.

#### Christian Appalachian Project

http://208.109.107.104/

PO Box 55911 Lexington, KY 40555-5911 [866] 270-4CAP [4227] The Christian Appalachian Project is an interdenominational, non-profit Christian organization committed to serving people in need in Appalachia by providing physical, spiritual and emotional support through a wide variety of programs and services.

A long-term CAP volunteer is one that is available to dedicate nine months or more of their time and talents. This program is for people who are able to serve in more comprehensive service programs. While no special skills are needed, training for some programs is necessary and personal interviews with the volunteer program staff are required.

The benefits of long-term volunteering are the same as they are with any volunteering effort; unique experiences, heartfelt connections made with people and families and the lessons learned within one's self. Some additional benefits are available as well, including free room and board, a monthly stipend, loan deferments, AmeriCorps Education Awards, two spiritual retreats a year and health insurance. For more specific details, please click on the respective links.

For information on volunteering, call 1-800-755-5322.

#### **SECTION FOUR: RESOURCES**

#### **JOB SEARCH WEBSITES:**

http://www.Teens4Hire.org Search for jobs, take career assessment, other.	http://www.idealist.org/ Lists jobs, internships, and volunteer opportunities.	http://www.dice.com (For technology jobs)
http://www.indeed.com	http://www.craigslist.org	http://www.careerbuilder. com
http://www.monster.com	http://hotjobs.yahoo.com/ ?refsrc=ysem	kentuckyjobs.com
http://www.jobs.net/Kentucky.htm Jobs.net	www.studentjobs.gov Employment opportunities for young people.	http://www.kentucky.jobop enings.net/
https://www.ekos.ky.gov:44 4/seeker/job_search.asp Kentucky Self-Service Job Search.	http://www.careeroverview .com/kentucky-jobs.html Kentucky jobs and job search resources.	http://www.job- hunt.org/jobs/kentucky.sh tml Kentucky career and job search resources.
http://personnel.ky.gov/ Kentucky Personnel Cabinet Competitive and promotional job opportunities in Kentucky State Government.	http://www.net-temps.com/regional/KentuckyJobs/ The leading job board for temporary, temp-to-perm and full time employment through the staffing industry.	http://www.groovejob.com/browse/internships/ Check for internships and summer jobs for students and teens. Search by city or zip code.

#### RESOURCES FOR WOMEN:

#### Women 4 Women

Resource directory to provide you with organizations that offer training, services, and jobs for women. <a href="www.women-4-women.org/page/101263/index.V3page">www.women-4-women.org/page/101263/index.V3page</a> 323 W. Broadway, Suite 502 Louisville, Kentucky 40202 (502) 561-8060

For more information on resources for women in Kentucky, visit: <a href="https://www.women.ky.gov/resources">www.women.ky.gov/resources</a>.

#### **Questions for Military Recruiters**

- 1 How long is my enlistment commitment actually for?
- 2 Can the armed forces make me stay longer than what I have contracted for?
- 3 Do I get paid more money for staying longer than my contract stipulates?
- 4 Do I have any say in where I go, and how long I'm there for?
- 5 How much does a newly enlisted service member get paid per week?
- 6 Am I guaranteed the ability to go to college if I want to?
- 7 Can I do a job I want to do in this branch, or am I assigned one?
- 8 If I change my mind about being in this branch can I resign?
- 9 What will happen to me if I decide I don't want to be involved in the military after I enlist?
- 10 What are the most dangerous military jobs?
- 11 Will the skills I learn in the military be useful in civilian life?
- 12 What are the negative aspects of my training?
- 13 What do I do if an officer gives me a command that I believe is illegal?
- 14 What is post-traumatic stress disorder?
- 15 Will I receive any compensation if I am permanently disabled in war?
- 16 Have you ever seen combat and do you think exposure to it is healthy for me?
- 17 Will I be deployed to the Middle East?



American Friends
Service Committee

National Youth & Militarism Program 1501 Cherry Street Philadelphia, PA 19102 215-241-7176 youthmil@afsc.org www.youth4peace.org

http://www.myspace.com/youthandmilitarismafsc

#### **Answers Military Recruiters Should Give You**

- 1 Your enlistment period will last 8 years. Some portion will be active duty and some portion will be on reserve duty. Reserve duty can be made active.
- 2 Yes, the military has the right to change your contract and extend your service longer than you agreed to.
- 3 No, unless you receive a promotion your pay scale stays the same, but if you are in a combat related job you can receive "combat pay".
- 4 No, the military determines where you go and how long you are there. You do have the right to request transfers to different units, but there is never a guarantee that your request will be granted.
- 5 A new service member who is not an officer can be paid between \$13,000 and \$14,500 a year. An average is about \$280,00 a week with an average work week of 80 hours. (\$3.39 an hour)
- 6 If you are on active duty you are not guaranteed the ability to go to school when you want to. Your commanding officer must give their permission. You also might be deployed to a combat area for more than 15 months at a time making courses, even online courses, tough to complete.
- 7 Your job assignment is based on your ASVAB score. If your ASVAB score is too low or you flunk out of your job training you will not get that job and could be reassigned.
- 8 Only an officer can resign. Enlisted members must serve their time or face harsh penalties. Voluntary discharges can happen, but are rare.
- 9 You could put up with it, or risk being court-martialed, receiving a dishonorable discharge, spending time in a military jail, or getting a demotion and reduction in pay. You may also become ineligible for some civilian jobs if this happens.
- 10 In a war zone, there is no job that is safe. Many service members, whose jobs were transportation related, have been killed and injured in Iraq, but infantry related positions are among the most dangerous traditionally.
- 11 It depends on what your job specialty is. Much of what you will learn to do in the military will only relate to military jobs and not civilian jobs.
- 12 Studies have shown that those who are trained to kill and deal with the stress of warfare have the tendency to develop emotional and psychological health problems.
- 13 Military training is designed to mold service members who respond to orders without thinking. Of course, if you believe an order is unlawful you have an obligation to refuse to act upon it. If the lines are blurred, most will just obey. Those who refuse, if the order is illegal, could still face penalties.
- 14 PTSD (post-traumatic stress disorder) is a severe mental health affliction that develops when one experiences or witnesses a traumatic event, such as combat or the effects of combat. Flashbacks, nightmares, depression, and inability to think straight are some of the symptoms of PTSD.
- 15 Yes, you can receive compensation if you are disabled but the payment will be based on your actual disability. The military rating system for measuring disabilities and calculating disability payment has long been thought to be unfair. A person who is blinded may only get a 50% disability rating for instance.
- Any recruiter who tells you that experiencing combat is healthy must not be aware of the thousands of war veterans who are suffering from PTSD, surviving without arms or legs, or whose quality of life will never be what it was before they witnessed combat.
- 17 Nearly every job is a "deployable" job. If you enlist in the Reserves or the National Guard there is a very good chance that you will be deployed to the Middle East rather than serving weekend duty stateside. Active duty enlistees should also be prepared to deploy. Forces are stretched thin and therefore new recruits should always be prepared to go to war.