

# The Career Advisor

Guiding students...together.



careertech

DATE: December, 2014

*Hello, Counselors* - Merry Christmas and Happy Holidays to everyone! It's a busy, busy time of year. School counselors often give so much of themselves to others, they forget to take care of themselves. So take some time, relax, enjoy your family, and have a safe and wonderful holiday season! *Tommi*



**Our own Dr. Claudia Otto told us this at GuidanceFest!!**

[What role does praise play in self-esteem, achievement?](#) – from ASCD SmartBrief

Proper praise from parents and educators can help students learn how to persevere and learn from errors, Carol Dweck, a professor of psychology at Stanford University in California, says in this interview. Such praise involves recognizing students for the process instead of placing too much praise on ability, talent or intelligence, she says. [The Atlantic online](#)

- ✿ **Claudia also shared this link – Lost Generation:** <https://www.youtube.com/watch?v=42E2fAWM6rA>
- ✿ **Generation C – Find out about this generation on our Elevating Success blog:** <http://bit.ly/1AH6Gab>
- ✿ **This is an older blog post but I still liked it. - How to Survive Middle School as a Parent – by Michelle Sutherlin, Oklahoma School Counselor** <http://bit.ly/1C6cqfe>
- ✿ **How long should your resume' really be? – from Diana Chan via Linked In** <http://linkd.in/1uuJdXX>
- ✿ **Kid President – 20 Things We Should Say More Often** <https://www.youtube.com/watch?v=m5yCOSHeYn4>
- ✿ **Women in STEM – USA Today College** <http://college.usatoday.com/2014/11/21/voices-matt-taylor-isnt-the-only-one-hurting-women-in-stem/>



## **SAVE THE DATE!! COUNSELORS ONLY CONFERENCE**

**Tuesday, March 10, 2015, at UCO**

**Registration and details in my January newsletter!!**

[Helping Your Teen Deal with Peer Pressure](#) - TeenLife Blog - HS Counselor Week

Peer pressure is something that keeps many parents awake at night, inducing panic-laden insomnia that is hard to shake. However, the truth is more reassuring: parents often have a bigger part to play, and have more influence over their teen, than they might imagine. ...

[The Promise of Career and Technical Education](#) - Huffington Post – HS Counselor Week

On the surface, the latest jobs report from the Department of Labor is good news -- an estimated 214,000 jobs were added in October, which translates into 54 months of job growth, the longest streak of uninterrupted private sector job growth in our nation's history....

**County Resource** – from Oklahoma Policy Institute

[CountySTATS 2014](#) covers demographics, the economy, education, and health. The factsheets display statistics for each of the state's 77 counties. Click on your county to see the top 5 employment sectors, median household income, education levels, health information and more. It provides a 2-page fact sheet that features over 20 key indicators to provide a snapshot of your county.

- ✿ **7 Ways To Be Happier** – from the Huffington Post on Twitter  
7 ways to be happier (Hint: It's not about "stuff") <http://huff.to/1xUWcmt>
- ✿ **You Can Be a Hero Too:** <https://www.youtube.com/watch?v=I5UBikaulQM>
- ✿ **Motivational video for students:** <https://www.youtube.com/watch?v=ZpgzzXaw9IQ>

**Studies show mixed results for after-school, summer programs** – from ASCD SmartBrief

After-school and summer programs often resulted in improvement in elementary-school students' literacy and math achievement, according to studies of 30 expanded learning programs in the U.S. Researchers, however, found they had a small, negative effect on literacy among middle-school students and none on students' math skills. [EdSource](#)

**IBM to ramp up investment in tech-school model** – from ASCD SmartBrief

More students will have access to six-year high schools under expansion of IBM's P-TECH -- Pathways in Technology Early College High School -- program. The company could open about 100 schools nationwide by 2016. Graduates of the program earn a high-school diploma, an associate's degree and preference in the job market with school partners. [eWeek](#)

*And just for you...* Heartwarming...<http://www.lifeandstylemag.com/posts/this-video-of-a-homeless-man-sharing-his-food-will-change-the-way-you-think-44924>

If we all did a little of this...[https://www.youtube.com/watch?v=ZkIXjl7k\\_hg](https://www.youtube.com/watch?v=ZkIXjl7k_hg)



**Don't forget our men and women in the armed services and their families this holiday season. They make tremendous sacrifices for you and me.**

<https://www.youtube.com/watch?v=pSAffMrz37o>

*Share with someone...it's sure to bring a smile!*

**What do snowmen eat for breakfast?**

(Frosted flakes – snow flakes)

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**Where does the snowman keep his money?**

(In the snow bank)

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**What do you get if you cross a snowman with a vampire?**

(Frostbite)

If you have questions or comments, please contact me:

**Tommi Leach, M.Ed**

Academic Coordinator

Oklahoma Department of CareerTech

1500 W. 7<sup>th</sup> Ave.

Stillwater, OK 74074

[tommi.leach@careertech.ok.gov](mailto:tommi.leach@careertech.ok.gov)

405-743-5524

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