

The Career Advisor

Guiding students...together.



careertech

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Hello, Counselors - It doesn't seem possible, but another school year has come and gone. This will be the last edition of the Career Advisor for this school year. If you didn't have time to read all of the articles or view all of the videos in previous issues, they are available on the web page where you found this link. If you are changing schools, please let me know so I can update my Career Advisor information. Have a great summer break and we'll see you in August. Don't forget to follow us on Pinterest and Twitter this summer! *Tommi*



I recently attended a counselor meeting at my local technology center and heard about a letter being sent to parents congratulating their students for being exempt from taking an EOI exam. I thought it was a positive way to inform parents and I shared it with Melissa White at the SDE. (Melissa and I have a very good relationship so we share all the really fantastic ideas we learn about from counselors.) As it turns out, the letter was developed by Marcy Eldridge at Piedmont High School, who had freely shared it at a meeting held at their school. How great is that? Oklahoma counselors – YOU ROCK!!

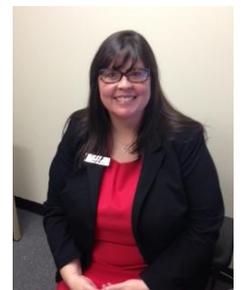
This is a fantastic resource...

What's Stopping Me? Where Am I Headed? Am I normal? – from Centerstone Prevention Services
Teens deal with lots of pressures and challenges. These pressures bring up lots of questions. WhoYouWant2Be.org is an online resource created to help teens, parents and educators face tough issues. By providing interactive tools, videos, and medically accurate information, we can help you help overcome these challenges. Together, we can help teens answer the question "Who do you want to be?"
<http://www.whoyouwant2be.org/>

- ✿ **Help your student make informed choices. This is what CareerTech can be in today's world...watch this!** <https://www.youtube.com/watch?v=1WRMDaKGHMM>

CAC has another new staff member:

- ✿ **Erica Harris** is our new **Advisement Specialist**. Erica comes to us from Moore Public Schools where she served as a school counselor. She has experience in Alt Ed, College Admissions and the OK Dept. of Human Services. While working with families at OKDHS, she recognized the importance of education and training in changing the lives of OK families and pursued her M.Ed.in School Counseling and Guidance. Erica recently completed her Administrative Certification through UCO in order to better advocate for school counselors. Erica can answer your questions concerning counseling and career advisement. She can be contacted at **405-743-5164** or erica.harris@careertech.ok.gov



Great video to share with students - Today's young people want to solve problems, start businesses, make waves, and make money. But, to accomplish those things, they think they have to be surgeons, lawyers, or Steve Jobs. They don't understand that manufacturing careers offer real opportunities to do work that saves lives, puts men on mars... <http://www.themanufacturinginstitute.org/Image/Image.aspx>

Suicide in America Statistics - The Oklahoma Department of Mental Health and Substance Abuse website has an info graphic with statistics that spell out clearly and concisely the problem we have in America with suicide. [Suicide in America Infographic](#)

Reimagining Schools: What happens when administrators throw out the rulebook and try fundamentally different models of education? - From Scholastic

Can you reimagine your school? <http://www.scholastic.com/browse/article.jsp?id=3758369>

From HS Counselor Week:

- ✿ [The Myth of Working Your Way Through College](#) - The Atlantic
A lot of Internet ink has been spilled over how lazy and entitled Millennials are, but when it comes to paying for a college education, work ethic isn't the limiting factor. The economic cards are stacked such that today's average college student, without support from financial aid and family resources...
- ✿ [Teen anxiety: How to recognize it, and what to do about it](#) - Washington Post
Teens have a reputation—deserved or not—for being difficult, moody and belligerent. Those same behaviors can be a warning sign that your teen is battling anxiety, said Reid Wilson, director of the Anxiety Disorders Treatment Center in Chapel Hill, N.C.....

From Twitter:

- ✿ [Huffington Post @HuffingtonPost](#) - Effect, affect, and 12 other common words you're probably mixing up <http://huff.to/1itCBRu>
- ✿ **Share this!** <http://www.coolcatteacher.com/how-to-make-it-to-the-end-of-the-school-year/>

15 of our favorite brain breaks for students – from ASCD SmartBrief

"If you're not familiar with them, brain breaks are short activities that offer students a reprieve from routine learning activities," writes ASCD EDge community member Ryan Thomas. In a recent blog post, Thomas shares 15 simple and fun strategies to refocus students' energy and get them back on track. [Read on.](#)

And just for you... **Inspiring videos:**

- ✿ **She deserves it!** <http://counselingvideos.blogspot.com/2014/04/best-shift-ever-waitress-receives-life.html>
- ✿ **This is so awesome! You have to watch!**
<http://counselingvideos.blogspot.com/2014/04/book-domino-chain-world-record.html>
- ✿ **True friendship:** <http://counselingvideos.blogspot.com/2014/03/anything-for-love.html>
- ✿ **And finally...** <http://counselingvideos.blogspot.com/2014/03/untrue-facts-your-teachers-taught-you.html>

Since I'm having a birthday in June (but I won't be 80!), this made me laugh! You're only as old as you think you are...

A young grandson called his grandmother to wish her a Happy Birthday. He asked how old she was, and she told him, "80." He was quiet for a moment, and then he asked, "Did you start at 1?"

Happy Birthday to all of you who celebrated throughout the year!

If you have questions or comments, please contact me:

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