

Life Skills Seminar Programs Offer High School Credit **Academic Year 2016-17**

Community High School will offer 10-15 opportunities to attend presentations and educational seminars focused on Life Skills and Healthy Living. These presentations/seminars will be announced as they are scheduled. Upcoming seminars will be communicated through flyers, which will be posted in the lunchroom. A sign-up sheet for each seminar will be taped to the desk in the lunchroom. It is important that students sign-up because seminars with low numbers of students signed-up in advance may get cancelled. Additionally, it is the student's responsibility to remember to attend the seminar on the day of the presentation. Reminders will not be provided by any CHS staff members.

Students who participate and attend these presentations/seminars are required to write a 500 word reflection essay for each seminar (4 essays total). Students should write about what the presentation meant to him/her and what he/she has taken from it. If a student attends 4 Life Skills presentations/seminars (2 must be after school) and completes 4 essays, then he/she is eligible to receive .50 credits towards his/her high school graduation requirements. Partial credit/participation will not be offered. This program provides opportunities for parents/guardians of our students to attend after-school Life Skills seminars as well. At least 2 of the required 4 seminars must occur outside of the regular school day. Students may also attend a presentation/seminar that is offered in the community. Examples of community seminars include: smoking cessation, parenting skills, CPR training...etc. The student will be required to submit an attendance verification form from the community seminar that he/she attended and an additional piece of documentation (i.e. a business card from the presenter, a piece of literature from the presentation/seminar, a flyer, a workbook...etc.).

1. Attend 4 presentations/seminars
 - at least 2 must be outside of the school day (i.e. afterschool)
 - at least 2 must be provided by the school
 - Attendance verification form and additional documentation must be provided for any presentations/seminars attended outside of school (i.e. in the community).
2. Write a 500 word reflection essay for each seminar
MUST INCLUDE TITLE AND DATE OF SEMINAR
 - What did you learn from the presentation/seminar?
 - How will you apply what you learned to your life?
 - How has the presentation/seminar influenced your thoughts on this topic?

ESSAY DEADLINES

Semester 1:

Tuesday, January 17, 2017

Semester 2:

GRADUATING SENIORS = Friday, May 19, 2017

Students Not Graduating = Friday, June 9, 2017

****Turn in all essays to the Social Worker****

MACOMB COMMUNITY COLLEGE (MCC) CAREER CAMP SUMMER OPPORTUNITY

Students can earn a FULL Life Skills credit (1.0 credit) over the summer by meeting the Life Skills requirements of a summer career camp. Macomb Community College offers several career camps throughout the summer, these include: Law Enforcement/Fire/EMT, Computer Programming, Culinary/Pastry Arts, I.T. Gaming, Media & Communications Arts, Robotics, Biotechnology, Experience Apprenticeships, Hybrid Electric Vehicles, and Veterinary Technician.

Requirements/Process:

- Students must register and pay for the Career Camp on his/her own through the Macomb Community College website (www.macomb.edu). Detailed registration instructions are in the MCC Career Academies brochure. The cost is \$75-\$85.
- Students must attend all days of the camp (4-5) and provide proof of attendance by turning in the MCC Career Academy Certificate of Completion to Mrs. Azar, CHS Counselor (**due no later than 9/18/17**).
- Students must type a 1,000 word reflection essay and turn this into Mrs. Azar, CHS Counselor (**due no later than 9/18/17**).

Questions to think about when writing the essay include:

- What did you learn about this career field?
- What sort of activities/assignments did you complete at the career camp?
- What do you see as the primary positive aspects of this career field?
- What do you see as the primary negative aspects of this career field?
- How has the career camp influenced your previous thoughts/ideas about this career field?
- Would you like to pursue a career in this field? If no, why? If yes, what are your next steps to achieving this goal?
- Can you apply anything that you learned at this career camp to your career or personal goals? Explain.