

Just Say YES Today!

Volume 1, Issue 3

May 2008

# Y Café Bulletin

An initiative of Youth Employment Services (YES), Bonavista Office



TRANSFERABLE SKILLS  
EMPLOYERS ARE  
LOOKING FOR...

- BUDGETING
- SUPERVISING
- PUBLIC RELATIONS
- COPING WITH DEADLINE PRESSURE
- NEGOTIATING / ARBITRATING
- PUBLIC SPEAKING
- WRITING
- ORGANIZING / COORDINATING
- INTERVIEWING

## FEEDBACK

We welcome your comments on information presented in this newsletter and any comments / suggestions for upcoming issues.

Write to us at

Y Café News  
P.O. Box 159  
Bonavista, NL  
AOC 1B0



## The Perfect Match

Like many youth, Tiffany realizes the importance of education and thought she had secured enough credits to obtain a high-school diploma. When school ended, Tiffany discovered she was one credit shy. *In order to move forward, I realized this was the first obstacle I'd have to overcome*, said Tiffany. *But it wouldn't be the only one.*

While working with her youth employment counsellor, Tiffany found out she would be expecting a baby in the Summer of 2007. *"I was worried about who would hire a pregnant teen, said Tiffany. With a baby to care for, it was even more important for me to secure employment. I'm lucky to have a family support system in place, but I*

*also knew the next couple of years wouldn't be easy. While exploring my career options, and working towards getting my last high school credit, the youth employment counsellor told me about the Skills Link program funded by Service Canada."*

*"I was interested in exploring trades (and the upcoming YOUTH EXPLORING TRADES program) but wasn't sure if it was the right fit for me at this time. Being pregnant is not the time to be climbing around on ladders and exposing yourself to paint fumes and other industrial dangers. The only other interest I had was working with children."*

*"The youth employment counsellor worked with me and helped me find the perfect fit with an Individual Skills*

*Link program at the Vista Family Resource Centre in Bonavista."*

The Vista Centre offers programs and services for parents of children ages 0-6 years of age. They were in need of someone who was comfortable working with computers to help set up a website and needed help with programs offered at the centre. Tiffany needed to learn good parenting skills and was in need of a job.

It was the perfect match between employer & employee. *"I know I am leaving the Centre with better work skills and experience, said Tiffany. I'm also a better mother. They've taught me so much and I know I want my future work to be in this field. It was a great learning experience."*

## SUMMER EMPLOYMENT OFFICERS

The Summer Work Experience strategy provides wage subsidies that create summer employment opportunities for secondary and post-secondary students, and it supports the operation of the Service Canada Centres for Youth (SCCY).

This summer, Service Canada Clarenville is proud to have Heidi Rice and Samantha Bailey on staff as Youth Services Officers.

Both Heidi and Samantha look forward to working with students in Bonavista and Surrounding Areas.

If you are a student in need of Youth Services give Heidi or Samantha a call at 709.466.8206/ 8214.

Youth Employment Services welcomes the girls to our area and we look forward to working with them over the summer months.

WWW.CAREERCRUISING.COM  
Ask your YES office for details today!

Just Say YES Today!

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We're on the web  
[RNDAEmploymentServices.ca](http://RNDAEmploymentServices.ca)

Youth Employment Services (YES) is proud to be working in your community to help youth make the transition from school to work.

Whether you are looking for a job, entering the workplace for the first time or need help writing a resume we can help. Our services offer one-on-one, confidential and informative employment counselling sessions that will help you get to where you want to be.

If you are a youth (ages 15-30); out of school; not in receipt of EI and would like to find out about programs for youth make your appointment today!

709.468.1067

## HOW TO PRACTICE GOOD STUDY HABITS

*Partially adapted from Steven Covey's Seven Habits of Highly Effective People.*

- Take responsibility for yourself & recognize that in order to succeed you need to make decisions about your priorities, your time, and your resources
- Center yourself around your values and principles & don't let friends and acquaintances dictate what you consider important
- Put first things first and follow up on the priorities you have set for yourself, and don't let others, or other interests, distract you from your goals
- Discover your key productivity periods and places. Is it morning, afternoon, or evening? Find spaces where you can be the most focused and productive. Prioritize these for your most difficult study challenges.
- Consider yourself in a win-win situation and when you contribute your best to a class, you, your fellow students, and even your teacher will benefit. Your grade can then be one additional check on your performance
- First understand others, then attempt to be understood and when you have an issue with an instructor (a questionable grade, an assignment deadline, etc.) put yourself in the instructor's place. Now ask yourself how you can best make your argument given his/her situation
- Look for better solutions to problems. For example, if you don't understand the course material, don't just re-read it. Try something else! Consult with the professor, a tutor, an academic advisor, a classmate, a study group, or your school's study skills center.

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