

Just Say YES Today!

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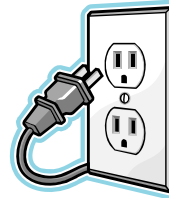
October 2007

Y Café Bulletin

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



GETTING PLUGGED IN... Making the Right Career Choice



When Josh Clarke, Bonavista was a little boy he dreamed of becoming a policeman. But at 20, Josh made some poor choices and that dream is now unreachable. "I didn't think at the time, that my actions would have consequences, but I was wrong," said Josh.

When dreams of being a police officer died, Josh was upset for a while but quickly realized that he would have to make other plans. After completing high-school Josh needed help making a career choice. He was first to sign up for a Youth Exploring Trades (YET Skills Link) pro-

ject, sponsored by the College of the North Atlantic (CNA) and funded by Service Canada & Human Resources Labour & Employment. This project provided Josh with an opportunity to explore a variety of career choices as they relate to the trades industry combined with real transferable skills like First Aid & Safety training, WHMIS and Occupational Health and Safety training.

Josh was originally thinking that he would like to do a course in pipefitting or steamfitting. Imagine his surprise during the project when he discovered that he felt he wouldn't like that type of work. Instead, Josh

opted for a career as an Electrician and is currently enrolled in the Construction / Industrial Electrical Program at CNA, Bonavista Campus.

"This course is terrific. I like working with my hands, I like math & physics and the instructors here at the college are great. The YET program really helped me make the best career choice - one that's right for me. I know that the labour market supports the trades industry and even though I won't be wearing a badge, I now look forward to being my own boss," said Josh. Dreams change but they can still come true.

THE HIGH 5! PHILOSOPHY.

1. BE OPEN TO CHANGE.
2. KEEP ON LEARNING.
3. FOLLOW YOUR HEART.
4. ACCESS YOUR FAMILY & FRIENDS
5. FOCUS ON THE JOURNEY.

A BALANCED LIFE 6 Keys to Stress Management:

Talk it out.

Get organized.

Be realistic.

Reflect on your accomplishment.

Eat a healthy diet, drink plenty of water and get a good night's sleep.

Call for help. The Mental Health Crisis Line is toll free: 1.888. 737.4668.

It's not just a Job... It's your Career!

Do you want just a job or are you ready to plan for a career that's right for you?

If you are a youth (ages 15-30); out of school; not in receipt of EI and need help deciding your future, we can help.

FOCUS ON YOUR SKILLS

What are you good at? What are you curious about? As you search for an enriching post-secondary education program, keep in mind your personal strengths and desires.

DO YOUR RESEARCH

Visit colleges and university websites and look through the course calendars. You might be surprised how many programs match your skills and interests.

CELEBRATE CANADA CAREER WEEK November 4—10th, 2007

Just Say YES Today!

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▶ **SAVE THE DATE**
OCTOBER 17, 2007
BATTLE OF THE BRAINS



Rate your logical thinking skills!

Without doubt, the ability to think clearly, apply reason and logic to everyday situations is a valuable skill. But how logical? Test it out in these eight scenarios.

- 1.) If monkeys can't dance, but some monkeys can sing, then:
 - A. Some monkeys can dance.
 - B. All monkeys can't dance.
 - C. All monkey's can't sing.
 - D. None of the above.
- 2.) China is to Asia, as Germany is to:
 - A. Germans.
 - B. America.
 - C. Europe.
 - D. Chinese.
- 3.) Three days before yesterday is four days after Monday.
 - A. Tuesday

- B. Monday
- C. Friday
- D. Sunday
- 4.) What color is a big red apple?
 - A. Big
 - B. Green
 - C. Small
 - D. Red
- 5.) Which item does not belong in the following group?
 - A. Computer
 - B. Television
 - C. News Channel
 - D. Radio
- 6.) If two writers can write two articles in two hours, how many writers will it take to write 32 articles in 8 hours?
 - A. 16
 - B. 4

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 offers 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

We're on the web
RNDAEMPLOYMENTSERVICES.CA

C. 32

D. 2

7.) What is a twenty percent of 25% of 40?

A. 10

B. 1/4

C. 2

D. 8

8.) What is the next number in the following series 2,3,6,11,18,27.

A. 37

B. 41

C. 38

D. 11



**YOU CAN FIND THE ANSWERS
ON OUR WEBSITE!**

This project is made possible through funding by the Government of Canada, in partnership with the Government of NL under the Canada-Newfoundland and Labrador Labour Market Development Agreement. The YES office is an initiative of the Random North Development Association. Some information in this newsletter has been sourced from Canada Prospect 2008.