

Options for Tomorrow

Transition planning for the future ...
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and the Secondary Special Education Department

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Work-Based Learning

Work-based learning opportunities offer students the chance to connect classroom learning to real life work experiences. This kind of hands on learning helps students make connections between academic study and the skills they will need to be successful in the world of work. Working students get a change to “try on” careers and learn more about what type of career they can be passionate about. Research has documented the importance of work-based learning. Studies show that students who participate in this type of learning experience show increases in the completion of related coursework as well as improved attendance.

It is very important for students not to work too many hours per week. Working more than 20 hours per week can interfere with sleep time, homework, family commitments and social activities. After school jobs between the hours of 3 PM to 9 PM or summer jobs are the best options.

The Anchorage School District offers high school students credit for working in the community. If you would like more information about work-based learning opportunities see your school counselor or the Special Education Work Coordinator.

To Order this Free Newsletter!

Any parent, teacher, agency representative or student who wishes to receive this newsletter can email us at step@asdk12.org or call 742-3872. All email addresses will be used for this newsletter subscription only and will be held confidential.



Career Development Help



[Students.gov](http://www.students.gov) is an excellent website! It markets itself at the Student Gateway to the United States Government. The website has an extensive web section entitled "Career Development". In this websection, students'gov reminds all student that whether you're beginning a new career or looking for a better job, the links in this section will help you get organized and find the information you need. We reviewed these sections and included information about what you might find there!

* Internships - Learn about many exciting internship opportunities, both within the government and with other organizations and companies. This link connects you to website like e-Scholar, <http://www.studentjobs.gov/e-scholar.asp>. e-Scholar is a one-stop portal for info about federal educational opportunities available to students at all levels and career professionals.

* Fellowships - Graduate students can explore a wide range of graduate research fellowship opportunities in this group of web sites. Even if you are not ready for graduate school, this section includes link to websites like Student Programs (National Institutes of Health), <http://www.training.nih.gov/student/>. The NIH offers scholarships, internships, fellowships, research opportunities, graduate programs, and other student programs for students, from high school to graduate level.

* Student jobs - Working your way through college? Check out these web sites for a variety of student job opportunities. You may to preview some of these jobs as part of your college planning! For example, check out the Studentjobs.gov (Office of Personnel Management), <http://www.studentjobs.gov/>. This website is your one stop to find special opportunities for students in the Federal government. Learn about co-ops, internships, summer jobs, the Outstanding Scholars Program, volunteer opportunities, and plenty of part-time and full-time jobs.

* Explore careers - Find the career or field that's right for you with the information and research tools offered by this group of web sites. This websection includes links to websites such as Choosing a Career or Vocational School, <http://www.ftc.gov/bcp/online/pubs/services/votec>. This website includes information on private vocational or correspondence schools that train students for a variety of skilled jobs can be good starting points for furthering your career. However, follow the FTC's advice and choose your school carefully to avoid problems.

* Job search - Search for the job that fits your education and career goals-- locate a variety of government or non-government opportunities here.

Reducing Risky Teen Driving

Teens working is frequently associated with teens driving!

The National Institute of Child Health and Human Development (NICHD) has a new program reduces the likelihood that teens will drive under conditions that place them at the greatest risk for a car crash, according to a study from the National Institute of Child Health and Human Development, one of the National Institutes of Health.

The Checkpoints Program, developed by NICHD scientists, teaches parents to limit their teenagers' exposure to certain driving conditions for the first 12 months after teens receive their licenses - the time when they are statistically most likely to get into a car crash.

The Program's central feature is a written agreement that parents and teens sign. The agreement limits teens' driving under conditions that place them at higher risk for a crash: driving at night, driving with other teens in the car, driving during bad weather, and driving on high speed roads. A supporting video and periodic newsletters explain the risks that new drivers face and reinforce the need for parents to limit their newly licensed teens' driving under these risky conditions.

The agreement encourages parents to strictly limit adolescent driving under high-risk conditions and gradually increase driving privileges as teenagers gain experience and show responsible driving behavior. The agreement also helps parents establish clear driving rules, establish consequences for rule violations, and identify signs of experience and success.

Find out more about the Checkpoints Program by following the link below.

<http://www.nih.gov/news/pr/feb2005/nichd-22.htm>.



From NCSET

The National Center for Secondary Transition has published some online documents on the topic of preparing for work -

Work-Based Learning and Future Employment for Youth: A Guide for Parents and Guardians (October 2003)

<http://www.ncset.org/publications/viewdesc.asp?id=1222>

Setting high expectations early in life is an important step in order for youth to develop the skills to succeed in the future. This guide for parents and guardians of youth with disabilities outlines how work-based learning helps youth identify interests, strengths, skills, and needs related to career development. Specific examples are provided, as well as further resources.

Cont'd: From NCSET

Quality Work-Based Learning and Postschool Employment Success (September 2003)

<http://www.ncset.org/publications/viewdesc.asp?id=1192>

This brief highlights the benefits of work-based learning for youth with disabilities and outlines the elements of quality work-based learning. In addition, the brief provides selected evidence-based models of work-based learning and information on further resources.

Youth with Disabilities and the Workforce Investment Act of 1998

http://www.ncset.org/publications/policy/2002_12.asp

This brief contains an overview of the Workforce Investment Act, workforce investment system management structures, and the One-Stop service system. It focuses on youth programs within WIA, and includes information about (a) funding structures and eligibility for youth activities, (b) Youth Opportunities Grants, (c) youth services and activities, (d) performance accountability, and (e) non-discrimination. This brief discusses implications for youth with disabilities in transition from school to work, and the wider benefits to workforce investment systems of effectively serving youth with disabilities.

Postsecondary Educational Opportunities

This newsletter article is dedicated to helping parents and students who are planning to graduate high school and enter a postsecondary educational institution. Here are two excellent resources to review!



Job Corps is the nation's largest and most comprehensive residential education and vocational training program for at-risk youth, ages 16 through 24. Since 1964, the program has provided more than 1.9 million disadvantaged young people with the integrated academic, vocational, and social skills training they need to gain independence and get quality, long-term career or further their education. Alaska Job Corps Center is located in Palmer, Alaska. For more information about Alaska Job Corps Center: Call (907) 562-6200 or toll free at 1-800-478-0531. Their website is located at: <http://www.alaskajobcorps.com/>.

Job Ready is an Alaskan owned and operated business specializing in home and community based services. One of their main services is developing employment opportunities for Alaskan businesses and potential employees. Their website is located at: <http://www.readycareak.com/index.html>.

Local Employment Resources

The **Division of Vocational Rehabilitation** will help a student plan to get to work! This is called an Individualized Employment Plan or IPE. No two people have the same plan because everyone had different needs. Students can receive help writing their IPEs from their DVR counselor. For more information about IPE's, go to: [http://www.labor.state.ak.us/dvr/temp/Your Plan For Getting To Work.pdf](http://www.labor.state.ak.us/dvr/temp/Your_Plan_For_Getting_To_Work.pdf).

Nine Star Enterprises is an organization dedicated to developing Alaska's workforce through quality education surrounding literacy, job readiness and professional development. Working with children, adults and senior citizens, Nine Star extends opportunities for the Anchorage community to excel and grow. Nine Star programs focus on literacy, job readiness and professional development. These programs equip clients with the skills necessary to find a job, keep a job and advance on the job. To learn more, go to: <http://www.ninestar.com/>.

Alaska Job Center Network is a website that includes labor market information, links to Alaska Job Centers, information about job training and a listing of jobs. This is a great website to begin with when looking for employment! See this website at: <http://www.jobs.state.ak.us/>.

Don't forget the classifieds! The **Anchorage Daily News** has classifieds on line - check them out at: <http://www.adn.com/classified/employment/>.

Age Appropriate Jobs

The Alaska Division of Labor Standards and Safety reminds employers and teens looking for work that not all jobs are appropriate for every worker! Restrictions, such as the following are listed on the Division of Labor Standards and Safety website at: <http://www.labor.state.ak.us/lss/childlaw.htm>.

Alaskan youth under the age of 14 may only work in the following occupations:

- Newspaper sales and delivery
- Babysitting, handiwork and domestic employment in or about private homes
- Occupations in the entertainment industry

Special Restrictions (14 and 15 year olds):

When school is in session, hours will be limited to a total of nine hours of school attendance plus employment in any one day; work will be performed only between the hours of 5:00 a.m. and 9:00 p.m. Total hours worked will be limited to 23 in any week.* During school vacations, work hours will be limited to 40 hours per week between the hours of 5:00 a.m. and 9:00 p.m.*