

Educational Talent Search Student Newsletter



A Publication of the Educational Talent Search Program at Clarion University

Spring/Summer 2006

ZEN AND THE ART OF JOURNALING

Hopefully the title has not frightened you off. I know there can be a lot of "baggage" associated with the word "journaling," but humor me for a little while by reading a few thoughts on the subject. If it sounds good to you, GREAT! If it doesn't, you've only lost a few minutes of your time.

Have you ever had a time in your life when you thought nobody understood how you were feeling? It has happened to me more times than I care to remember. It is a very lonely feeling, to deal with a problem or crisis and not be able to talk it through with someone. At one point in my life when it seemed nobody could possibly understand, I started writing my feelings down. I wrote as if I was having a conversation with someone (for me the "someone" was God) and it allowed me to get it all out on paper. What a relief it was to be able to just get it out. Many times the problems became smaller and more manageable. I continued this throughout college, and it helped me to cope with all of the adjustments of being away from home and on my own.

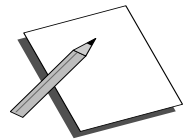
Journals can be more than just a diary, they can be a way to keep track of dreams, vacations, work, health, or diet. The possibilities are endless. It is interesting to look back and see changes and growth over the years. Once, I went back to read what I had written from college and I was so surprised. It didn't even sound like something I would write. For any student that is interested in creative writing, journaling is an excellent way to hone writing skills and to stretch creatively.

To help you get started, I have created the "Top Ten" list of how to get started (Top ten lists always start with #10 first.):

10. Get a notebook and cool pen. (It's gotta be a cool pen!)

9. Don't force it. Only write when you are motivated to write. If you make it an assignment for yourself, it won't last.
8. Keep it to yourself. These are your personal thoughts. Keep it someplace where your thoughts can stay private.
7. For the REALLY personal stuff, write on loose leaf paper and keep it for a few days. After a few days, at the most, destroy it.
6. You may want to have more than one journal, one for good days and one for bad days.
5. Don't be afraid to vent. Just remember, you may want to destroy the more "expressive" material.
4. There is no minimum or maximum number of words per entry. Just write until you're done.
3. Don't worry about grammar and spelling. (Yes, you "red" that "write"!!)
2. There is no right or wrong way to write in a journal.

And the number one way to get started is...



1. Do it for YOU!

Now, here's a challenge. I want to hear from any student who gives journaling a try this summer. Each student who responds at the end of the summer to klander@clarion.edu will receive a journal. (A cool journal - of course!) Have Fun!!!

— Kelly

Being challenged in life is inevitable,
being defeated is optional.

— Roger Crawford

SEXUAL VIOLENCE - GET THE FACTS

What is Sexual Violence?

Sexual violence violates a person's trust and feeling of safety. It happens any time a person is forced, coerced, and/or manipulated into any unwanted sexual activity. It can include rape, incest, child sexual assault, ritual abuse, date and acquaintance rape, statutory rape, marital/partner rape, sexual exploitation, sexual contact, sexual harassment, exposure and voyeurism (someone watching you). Rape is a crime. It is motivated by a need to control, humiliate, and harm. It is *not* motivated by desire. Rapists use sex as a weapon to dominate others.

Who is at Risk for Sexual Violence?

You are! Sexual violence can happen to anyone - regardless of gender, race, age, socio-economic status or religion. Teens age 16 to 19 are 3.5 times more likely to be victims of rape than the general population. A lot of people believe that most sexual assaults are committed by strangers. You are more likely to be sexually assaulted by someone you know than by a stranger in a dark alley. Around 70% of all rapes are committed by someone known to the victim.

How Can I Reduce My Risk of Sexual Violence?

Although sexual violence can never be prevented, here are some suggestions to help you reduce your risk of being assaulted.

- ✓ **Trust your gut.** If you don't feel comfortable in a situation, leave.
- ✓ **Be in charge of your own life.** Don't put yourself in a situation where you have to rely on other people. When on a date, don't feel you "owe" that person anything.
- ✓ **Be cautious inviting someone into your home or going to someone else's home.** Three out of five sexual assaults happen in the victim's home or the home of a friend.
- ✓ **Do not mix sexual decisions with drugs and alcohol.** The ability to make smart decisions is hampered when you are high or drunk. About 90% of acquaintance rapes involve alcohol.
- ✓ **Be aware of date rape drugs.** Don't accept any kind of drink from open containers and don't leave your drink unattended.
- ✓ **When you are going out with someone new,** go on a group date or meet in a public place.
- ✓ **Avoid falling for lines like "If you loved me..."** If your partner loved you, he/she

would respect your feelings and wait until you are ready.

- ✓ **Avoid people who don't listen to you** or ignore your personal space boundaries. Avoid people who make you feel guilty or accuse you of being "uptight." Avoid people who express sexist attitudes and jokes, or who act jealous and possessive.
- ✓ **Communicate.** Think about what you really want before you get into a sexual situation, and communicate clearly with your partner.
- ✓ **Be assertive.** Respect yourself enough not to do anything you don't want to do. Your opinions matter and when you say "no," your date should stop.

What Should I Do If I Am a Victim of Sexual Assault?

- ✓ **Go to a safe place.** This is not the time to be alone. Call someone you trust for emotional support. Call **PASSAGES**, the local rape crisis center, at **1-800-793-3620**. There is someone there to talk with you 24-hours a day.
- ✓ **Do not shower.** Valuable evidence of the assault remains on your body and clothes. Do not eat, drink, smoke, comb your hair, shower, urinate, or douche before going to the emergency room. But, if you have already done these things, please don't let that stop you from getting medical help! Also, if possible, put the clothes you were wearing during the assault in a *paper bag* and take them to the hospital with you. **PASSAGES** can have someone meet you at the emergency room to give you emotional support.
- ✓ **Seek medical attention.** Doctors can check for injuries that may not be visible. Hospital staff can also treat you for possible STDs and pregnancy. Hospital staff may also perform a rape exam to collect evidence, in case you decide to prosecute. **PASSAGES** can have someone with you during the exam.

Victims of sexual violence can also:

- ✓ **Report the assault to the police.** Whether or not you decide to prosecute, consider notifying the police about the assault; doing so may keep someone else safe. Pressing charges may help you feel empowered after the assault.

(Sexual Violence... continued on page 3.)

(Sexual Violence... continued from page 2.)

- ✓ **Seek counseling.** You have been through a traumatic experience and need help dealing with the situation and your feelings. Call PASSAGES at 1-800-793-3620. They can help you talk about what happened and their help is free. In most cases, arrangements can be made for a counselor to meet you at your school - ask your guidance counselor for help in setting this up.

Remember, sexual violence is never the victim's fault! Free and confidential help is available by calling PASSAGES at 1-800-793-3620. You don't have to face it alone. If you want more information or you want to get involved in the movement to end sexual violence, log onto www.teenpcar.org.

This information was written and provided by Lou Ann Williams, Director, PASSAGES, 1-800-793-3620.

CLEP: SHORTEN YOUR PATH TO COLLEGE AND SAVE \$\$!

What is CLEP?

CLEP is an acronym for the College-Level Examination Program administered by the CollegeBoard. To put it simply: a student can take an examination on a specific college-level subject and receive college credit for the equivalent with an acceptable score on the exam.

What is the advantage to CLEP?

The exam gives students the opportunity to receive college credit for what they already know by earning qualifying scores in any of 35 areas.

CLEP can save you money. The cost of a CLEP exam is \$55, which is significantly less than tuition and fees.

CLEP can save you time. Depending on the institution's CLEP policy, a student can earn 3-6 college credits.

To find out more, go to www.collegeboard.com/clep.

Take a lesson from the grass. No matter how many times it's cut or trampled on, it rises again and continues. So get back up, my friend, get back up and rise again.

— Peter C. Siegel

TOP GAMES OF 2006

Looking for something fun for a rainy day or just a way to pass an afternoon with friends? These games are sure winners, according to About.com. So, try something new...

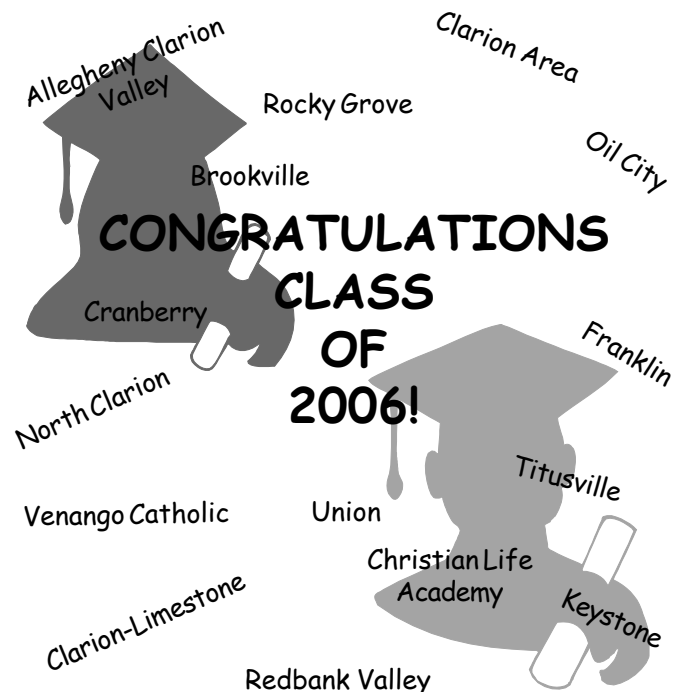
Settlers of Catan: A random board layout ensures that every game is different, and it takes skill and luck. Game expansions are available. Build roads, settlements, cities, and conduct trade. This game has won awards in both the US and Germany and appears to be quite addicting!

Puerto Rico: This is a deep strategy game in which players are plantation owners in Puerto Rico. Players compete to be the best at growing corn, indigo, coffee, sugar, and tobacco — and must get their products on the ships for export.

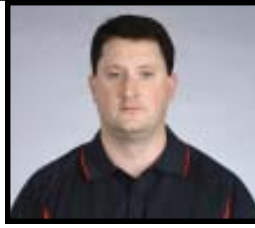
Smarty Party: Smarty Party is a trivia game. It keeps everyone involved constantly, and has you name items on lists. Combine Trivial Pursuit and Outburst, and you'll have an idea how to play!

HeroScape: This fantasy game starts by setting up your battlefield (different every time). Players draft armies — choosing from dinosaurs, robots, samurai, and more. It's the ultimate battle game with basic and master versions.

Mystery of the Abbey: Who killed the monk? Players try to solve the murder in this whodunit game. Think of this as a more complicated game of Clue.



CAREER IN THE SPOTLIGHT - PROFESSIONAL FOOTBALL COACH



Introducing: Coach Mike Miller

Job Title: Quarterback Coach for Berlin Thunder, National Football League, Europe; Former Tight Ends Coach of the Buffalo Bills
Educational Background: B.S. in Communications, Clarion University, and M.Ed. in Education, Robert Morris University

Why did you choose coaching as a career?

After graduating from college, I was working in media and found that I really didn't enjoy what I was doing. I decided I no longer wanted to tell people *what* happened (in the world of sports); I wanted to *make* it happen. It didn't matter to me that I would have to go backward in order to move forward in my career. I knew I loved the strategy of the game and working with people. I worked hard for an opportunity. Unlike others, I didn't know anyone who could give me that first "break." I had to give it everything I had to create my own coaching opportunities.

Besides having an intense love of the game, I also missed the dimensions that come with athletics - feeling that you are part of a team. The feeling that we're all in this together; we're all pulling for each other. The camaraderie, the accountability, and the relationships that you make... are key components that you rarely find outside of athletics. I wanted a career where I would find myself constantly challenged, refining myself and the athletes, and continuing to push the envelope for success.

Was an internship required?

An internship is not required, yet most coaches start out as a graduate assistant (for a college team). As a graduate assistant, you gain valuable coaching experience while getting a masters degree. You begin breaking down film, setting travel plans, learning logistics for training camps, and acquiring solid fundamentals. You are constantly learning and paying your "dues" as you develop quality relationships.

Do you recommend getting involved with certain types of organizations during college?

Yes, get involved in everything you can. It doesn't matter if it is sports related or not. During my college days, I was a member of ROTC, radio, TV (ran a sports variety show), vice president of a fraternity,

wrote for the school newspaper, belonged to a writer's association, and held an on-campus job as a desk clerk in a residence hall. I believe that every experience exposes new chances to learn and allows you to work on your people skills. Seize every opportunity through campus involvement.

What qualities do you feel students must possess to be a successful coach?

You must have a sound knowledge base of fundamentals and strategy for your sport. Plus, you must be hardworking, flexible, and possess leadership skills which come from working with people.

What are the benefits of coaching as a career?

Being part of a team is very special. I love the competitive environment and working with people. I find coaching to be a challenging, yet rewarding career.

What concerns do you have for students interested in this field?

You need to be prepared for the time commitment. You have to be flexible and understand that you have to work hard in order to be accountable. There are numerous ups and downs with coaching. There's a great deal of pressure to perform, so you'll need to handle the stress that comes with the territory. Another factor to consider is that it takes a great deal of time to prove your worth to yourself as well as others.

Coaching Opportunities:

YMCA
 High School
 Junior Olympics
 Special Olympics
 Keystone State Games
 College
 Professional
 Personal Trainer

***Special thanks to Coach Miller for his time and the information he was willing to share!

— Jodi

The more I heard that I couldn't make it, the more I was determined to do it. I never liked being told that I'm not good enough to do this or that.

— Archie Griffin

(Griffin received the Heisman Trophy in 1974 and again in 1975 -- the only player to win the award twice.)

WHAT I DID (TO DO) ON MY SUMMER VACATION...

Thinking about summer? Summer - the time to have fun, relax, and spend time with friends and family. Right? Summer can also be a time to define personal goals, find strengths, and improve weaknesses.

Have you actually thought about what you could do during the summer? You could set a regular exercise routine to feel healthier and happier or spend time searching for scholarship opportunities worth potentially thousands of dollars which could make a difference between going and not going to school.

Here are some other ideas for turning an ordinary summer vacation into an extraordinary summer filled with positive and lasting experiences.

Work to maintain good habits and develop self-discipline — Exercise, eat, and sleep regularly. Stick with it!

Organize — Get rid of clutter. Concentrate on doing things that are important. Don't procrastinate!

Set personal and career goals — Think about what is important to you. Consider activities that interest you; explore options; develop short-term and long-term goals; and determine what must be done to achieve your goals. Then, develop an action plan. Start now!

Do a career search — Investigate careers that match your interests; learn what they involve; and determine which to pursue.

Get a summer job — Apply for jobs, then get working! This is your chance to gain experience and earn some extra money. If you know what career interests you, look for a job in a related field. Work experience gained during the summer can be instrumental in helping you gain future employment.

Be a camp counselor — Apply to be a summer camp counselor. You'll learn leadership skills, gain work experience, meet people, earn money, and enjoy the varied activities and adventures of camping!

Practice teamwork — Join a sports team or volunteer for a community organization.

Create something—Write a story, book, or song. Draw a sketch. Invent a product. Plant a garden. Build a bookshelf — the list is endless!

Prepare for the SAT — Practice sample tests; determine your strengths and weaknesses.

Pursue scholarships — Identify scholarships. Write for applications. Mark deadlines on a calendar. Work on essays or forms.

Research/visit colleges — Call or write for information. Request an admission application and financial aid materials. Visit, if possible, to learn more.

"CLEP" some courses — CLEP exams test your current knowledge in an academic subject. By scoring well, you gain college credit! There is a fee, but it is small compared to tuition. Save money while gaining some credits early.

Attend a summer camp — Investigate special learning opportunities, such as camps for students interested in computers, art, science, or one of many other areas.

Travel — Hike, bike, fly, sail, or drive for a day or many days. Exploring other locales can show you new ways of looking at things and help you discover new activities and places. A change of scenery can be refreshing and do wonders for your mental outlook.

Read a book — Or 10! Open your mind and expand your horizons! Incidentally, summertime is a good time for first-readings of books you expect to read in class for the coming academic year! If you get tired of reading books, read newspapers and magazines.

Learn to drive/Get your license — Get a copy of the state driver's manual. Study driving procedures and laws. Obtain a learner's permit. Practice driving with qualified supervision. Take the test. Get your license!

Visit museums and zoos — Expand your horizons by gaining exposure to these historical, educational, and experiential centers. Besides, some are just plain fun!

Learn First Aid and CPR — Contact the American Red Cross, American Heart Association or local hospitals regarding classes.

Learn self-defense - Enhance your self-confidence by learning how to defend yourself.

Take a class or workshop - Develop a talent or interest in the arts, humanities or science. Check out <http://www.carnegielibrary.org/subject/education/k12/summer.html>.

Enjoy the the warmth, stay safe, and GROW! Have a great summer.

— Tami

Voron Communications. "Ideas for a Productive Summer for High School and College Students." <http://www.voron.com/ps.htm>

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Visit www.clarion.edu/ets for upcoming programs.

As soon as events are posted,
students or parents may register.

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