

2005 Seminars

Offered by Finding Your Future

Education Focus

Finding the Right College For You! - This six-hour seminar is recommended for juniors and seniors in high school. College is one of the most expensive decisions an individual will make in his/her lifetime.

- Types of education
- Special programs
- Beyond a major
- What does college have to offer
- Deciding factors
- Financial aid

What to Know Before You Go To College - This 12 hour seminar is for students fresh out of high school or adults returning to college. This seminar can be split to accommodate the needs of your organization.

- Reading and understanding the college catalog and course schedule
- Selecting classes
- Self-advocacy
- Study skills
- Talking with professors
- Available campus services
- Dorm life
- What to pack
- Health issues
- Personal safety

Financial Aid for Further Education - For all education levels.

- Various types of scholarships
- Grants, loans and federal financial aid
- The application process and follow-up
- The steps you need to take to secure your awards

Surviving High School - Recommended for freshman and sophomores. This seminar will help students through the maze to better prepare them for their life after high school.

- Getting the most out of high school
- Study skills
- High school qualifying exam
- Understanding credit
- GPA
- Graduation requirements
- Tips on communicating with your teachers

Study Skills - For all education levels.

- Maximize your study time
- Take effective notes
- Read text books without getting a migraine
- Tips on testing
- What questions to ask your teachers

Career Focus

Your Future Career - Recommended for juniors and seniors in high school. This 12-hour seminar will introduce students to the amazing careers of the future.

- Alaska career possibilities
- Mat-Su Valley jobs of the future
- Long term career planning
- Job seeking skills
- Education opportunities
- Financial aid tips

Where to Next? - This seminar is for the individual who wants to change careers but is unsure what move is right for them.

- How to identify personal strengths and talents
- Career matching
- Hot job markets of the future
- Lifelong career planning
- Education options

Entering the Workforce - For the individual who has either never been in the workforce or is returning after a long absence.

- Finding that perfect job
- Researching the market
- Reviewing internet job sites
- Agencies that help
- The application process
- Interviewing and follow-up

How to Write the Perfect Résumé – Current formats and valuable self-marketing.

- Resume writing tips and techniques
- Different résumés for different situations
- Power words that make a difference
- The first time résumé

Life Skills Focus

Budgeting for Sanity - Recommended for all audiences.

- Factors that cause us to spend
- Attitudes about spending
- Money and self-image
- Consumer awareness
- Develop a personal spending plan
- Tips on negotiating a good price
- Banking, credit and interest
- Agencies that help

Money-Keeping More for Your Future – Recommended for high school and college students.

This seminar will give students an overview of the financial decisions they will soon be facing.

- Gimmicks to take your money
- Using a bank or credit union
- Debit cards and credit cards
- Building a personal spending plan
- Negotiating a fair price
- Ways to save
- Investing in yourself

Every Minute Counts - Recommended for all audiences.

- How to use a day planner
- How to manage your time
- Keeping track of your life
- Goal setting
- Recording important information

Advocating for Yourself - Recommended for all audiences. Stepping out as a self advocate is sometimes a difficult and intimidating thing to do.

- Self awareness
- Building self-esteem
- Critical thinking
- Communication skills
- Knowing your rights and responsibilities
- Interpersonal skills

Finding Your Courage - Recommended for all audiences. The goal of this 18-hour seminar is to equip individuals with the tools to find their inner courage.

- Looking at who you are
- Finding the courage to face problems and issues
- Communication skills
- Empowerment
- Goal setting
- Problem solving techniques
- Things that influence you

Living on Your Own - Learning to be independent is not as easy as it looks.

- Grocery shopping
- Cleaning and decorating your home
- Finding an apartment
- Knowing your rights and responsibilities
- Medical information