



# The 411

FAMILY SELF-SUFFICIENCY NEWSLETTER— JANUARY-MARCH 2013

*Go confidently in the direction of your dreams. Live the life you have imagined—Henry David Thoreau*

## From the Office

Happy New Year! As we wind our way through the final months of winter and look forward to the warm days of spring, I encourage each of you to take a few minutes and do a self-evaluation on how you are doing on completing your ITSP goals and what steps you need to take to move forward towards self-sufficiency in 2013.

For those of you entering your last year in the FSS program, please remember that you must be free of cash assistance 12 months prior to

your contract ending and you need to be “suitably employed” prior to exiting the FSS program.

As a reminder, the Housing Authority definition of suitably employed is earned income equivalent to a person who works 32 hours a week at eight dollars an hour.

I wish all of you continued success and hope the new year, 2013, is a prosperous, happy, and safe one for you and your loved ones!

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### The Purpose of a Resume

- ◆ To land you an interview.
- ◆ To demonstrate real life skills and work experiences .
- ◆ To explain how your skills benefits the employer .
- ◆ To show off your achievements.
- ◆ To highlight your experience.

## Employment Watch



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When men and women find themselves out of work or dissatisfied with their employment, changing careers represents

greener pastures and a new beginning. But individuals considering a career change should consider a variety of factors before making such a significant decision.

### **Career or Company?**

A person unhappy with his or her current position might mistake feelings about the company with feelings about the career field itself. If you like your work but feel held back by your company, then you might be better suited to finding new employment within your field instead of switching fields entirely.

Thanks to an economy that has struggled considerably over the last half decade, many companies have asked more of their existing employees, leading to employee burnout and dissatisfaction. If your dissatisfaction stems more from the company, be it minimal advancement opportunities or lack of employee appreciation, than from your actual work, then you likely don't need to change careers but merely companies.

### **Prospects**

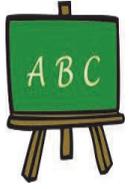
Career prospects are another thing to consider before making a career change. If your desired field of work is not thriving, then your prospects of finding gainful, rewarding employment might be rather slim. Of course, the economy can still recover down the road and that recovery might open

up a wealth of attractive opportunities. But switching careers to a field of work that is struggling financially might not be worth the gamble.

### **Qualifications**

It's important to consider the necessary qualifications before changing careers. Some careers only require experience, and your experience in your current field might easily translate into a new line of work. Other careers, however, might have certain requirements with regard to education. In such instances, you might have to go back to school. Your willingness to learn new skills and possibly return to school should weigh heavily in your decision to change careers or to stay put.

# Community Corner



The aim of any school is to graduate responsible and productive citizens with strong critical thinking and academic skills by providing a rigorous, dynamic, comprehensive curriculum delivered in partnership with the community, family and a competent, qualified staff in a safe and caring environment.

**Oroville Adult Education Career and Technical Center** serves 7,500 youths and adults annually with academic

and vocational programs at 18 different sites. Academic programs include High School Diploma, General Education Diploma (GED) preparation, computer applications, job readiness, English as a Second Language (ESL), Adult Basic Education, and Career Exploration.

**Vocational programs** include Office Technology, Computer Repair, Certification, Medical Assistant, and Certified Nursing Assistant (CNA) Training.

**At Oroville Adult Education Career and Technical Center**, staff identifies and implements critical professional development opportunities to strengthen student learning. Oroville Adult Education is committed to a quality adult education system that is accountable, efficient and meets the needs of all students.

**The school** is located at 2750 Mitchell Avenue, Oroville, CA 95966. Phone contact is: (530) 538-5350.

## 24-HOUR HOT LINES

**Domestic violence**  
895-8476 or  
1-800-895-8476  
**Youth mental health/suicide/crisis**  
1-800-371-4373  
**Child abuse**  
1-800-400-0902  
**Adult mental health/suicide/crisis**  
1-800-334-6622  
**Elder abuse**  
1-800-664-9774  
**Poison control**  
1-800-876-4766  
**Rape crisis**  
342-7273  
**Public Health**  
879-3665

## Events



**Chico Kite Day** - Sunday, March 24, 2013, 12-4 pm. Bring the entire family for this free family event. Experience the color and excitement of kite flying during the Annual Chico Kite Day. There will be prizes for the best homemade kites! All kite flyers will receive a souvenir, compliments of Bird in Hand. Celebrate spring at the end of a string. Community Park, Chico.

**Spring Jamboree** - Saturday, March 30, 2013, 10 am. The Bunny is coming to town! Children in 3<sup>rd</sup> grade and younger are invited to celebrate Easter and meet the Easter Bunny at the Annual Spring Jamboree! Kids will be hunting for colored eggs, jumping in a bounce house and taking pictures with real bunnies. Caper Acres, Bidwell Park, Chico.

**Egg Hunt & Healthy Kids Day** - Saturday, March 30, 2013, 9-11 am. The YMCA is pairing up with Dr. Gary J. Soudan's dental office and the Kiwanis Club to provide the best egg hunt in the community. YMCA, Robinson Street, Oroville.

### 2013 Class Schedules

All students enrolled in institutions of higher education or career technical training, please remember to turn in a copy of your spring 2013 class schedule to the FSS office by the end of January 2013!

### FAFSA 2013 DEADLINES

#### Federal Deadline:

Online applications must be submitted by midnight Central Time, June 30, 2013. Any corrections or updates must be submitted by midnight Central Time, September 20, 2013.

#### State Deadline:

California - For initial awards - March 1, 2013. Applicants are encouraged to keep a record of their submission by printing out their online FAFSA confirmation page.