

GEAR UP Monthly Update

October 2019

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"If you knew they could have learned anything, what would you wish you would have taught them?"

-Dr. Paula Kluth

A Note from Your Student Coordinator

By Anthony Rospierski

Greetings and salutations! I hope everyone is off to a great start for the school year. The first few weeks of classes can be filled with many emotions for your child. Through the trials of learning new teachers to the joys of making new friendships many things change for your student in the beginning of each school year.

This past month I worked inside of the classroom with your student not only to reintroduce myself but also to begin to investigate the idea of leadership. During my time in class, we discussed how students' personal experiences might be improved with a leader mindset.

In the coming months we will begin to investigate how job predictions look for when your student is set to graduate high school. The Bureau of Labor and Statistics put forward the 25 careers that are expected to grow the most in opportunity by 2026. Just try to remember how much the world can change in just ten years. In 2009, the iPhone 3 was released at a price of \$199. The iPhone X released a few months ago has a retail price of \$1,100. Keep in mind lives change as time goes by eventually your student will need to enter the world prepared for their future. <https://tinyurl.com/yxw4rt9k>

Have fun and stay safe this Halloween!

-Anthony

Life Skills that Teenagers Should Learn

By Anthonv Rospierski

As kids begin to mature into teenagers they need a natural progression of skills. These skills need to be developed and practiced over time. It is the responsibility of caregivers to teach the skills that our children will need. Sagari Gongala, certified counselor and an editorial writer for *Mom Junction*, an online community of medical professionals writing to mother about pregnancy and raising children, wrote an article where she laid out 21 life skills suggested by Gongala are laid out here. The rest are found on their website. <https://tinyurl.com/y2p7s39f>

1.) Money and Budgeting Skills

It is essential for teens to be able to balance accounts, write checks, and know how to save money.

2.) Cooking Skills

You need to know where to buy food as well as how to prepare food. Using the tools in the kitchen safely to be able to create healthy meals will be a skill that they will always use.

3.) Personal Grooming

Maintaining our bodies to not only be clean but presentable as well will go far in forming relationships with others and staying healthy.

4.) Social Skills and Manners

Essential for creating and maintaining relationships, manners speak not only of your children directly, but also of the caregivers.

MONEY MANAGEMENT

INDEPENDENT LIVING

CAREER CHOICES

COMMUNICATION SKILLS

"Manners speak not only of your children directly, but also of the caregivers."

5.) Communication Skills

Communication is not just being able to talk out your ideas, being able to listen is just as important; some even argue that listening is even more important.

6.) Coping with Emotions

With hormone infused times steadily approaching for some and already present for others, being able to identify emotions is a must. Learning how to make the best of their emotions can bring light to even the darkest of moments.

7.) Problem Solving Skills

Teach children to face their troubles, not to run from them. Whether there is personal conflicts or even just a hard math problem, being able to break down problems in the smallest steps possible is a good way to handle daunting tasks.

8.) Goal Setting

Personally, my favorite way to create and achieve goals is through SMART Goals. S-Specific, M-Measurable, A-Achievable, R-Relevant, T-Time Bound.

9.) Time Management

Organizing your time is very important, knowing deadlines and working towards meeting your deadlines is essential in being able to achieve goals.

10.) Decision Making Skills

Last on the list, but one of the most important, is being able to make smart, rational decisions. Give children the freedom of making mistakes and use their choices as teachable moments.

Teenage Independence and the Challenges that Arise

By Anthony Rospierski

Something that my own mother struggled with was releasing control and allowing me to become more independent. A natural relationship that caregivers have with their children is the gradual release of responsibility. The teenage years are one of the most important times during the development of young adults; this is the time to learn from mistakes, celebrate accomplishments, and to ask for help.

To find the perfect balance is completely up to the caregivers, however many articles and opinion pieces have suggestions to help raise teenagers. The balance between an independent teenager and a responsible caregiver is key to creating a positive relationship. The Newport Academy is a nationally recognized teen and family rehabilitation center focused on creating and maintaining healthy behaviors between children and their caregivers. Newport Academy suggests that setting boundaries is the most important thing that a caregiver can do when trying to create a positive relationship with teens. <https://tinyurl.com/y5cfm64p>

Newport Academy suggests that in setting boundaries it is important that you are clear on your values, you make rules that support those values, and that age appropriate consequences will go into effect if rules are broken. These three steps will go far in creating a strong distinction between being a caregiver and a mentor for your child. <https://tinyurl.com/y5cfm64p>

When developing appropriate consequences the National Institute on Drug Abuse established the SANE guidelines to assist caregivers in creating appropriate consequences.



“Setting boundaries is the most important thing caregivers can do when trying to create a positive relationship with teens.”

- S- Small consequences are better
 - A- Avoid consequences that punish you (the caregiver)
 - N- Nonabusive responses
 - E- Effective consequences
- <https://tinyurl.com/y5cfm64p>

Another struggle that faces caregivers is when your teen befriends someone that you feel might be a bad influence. In situations like this, avoid criticizing the friend. Teens are defensive of their friends and you do not want to engage in a power struggle. Make sure that your teen understands your expectations and rules and you will hold them accountable for anything they choose to do, regardless of the actions of their friend.

As discussed in the previous article letting your child make these decisions is important. Let them fail and let them succeed. Watch how your teen reacts to failures. If you see that your teen struggles with failures that may indicate self-esteem issues or resilience. Work on developing these skills with your teen.

Always remember that you know your teen the best. You want to see them succeed, but never at a cost too great. Be there for them and show your unconditional support, but encourage them to take risks and explore their own individual interest.

Four Ways to help stop Robocalls

By Shirley Brozzo

If you are like me, you are tired of getting those annoying robocalls during supper, while you are watching your favorite TV program, or when you are trying to take a much-needed nap. Here are four suggestions from Marc Saltzman, a writer for AARP on-line magazine. This entire article is available at: <https://tinyurl.com/y4bmbf7j>

1. First and foremost, you can just hang up. Don't even engage with them at all. If you engage, this gives them the encouragement to keep pressuring you to buy their product/support their cause. If you answer, they may keep calling you back, since they have found a working number.
2. There is an opt-in solution offered by Verizon, A T & T, T-Mobile, and Sprint. You can get your phone service provider to reduce the number of calls you are getting. Check with your provider. For a monthly fee, each of these major carriers can add a caller-ID, which can also block numbers not already in your contact lists. Additionally, there are smartphone apps, such as Nomorobo, RoboKiller, Trucaller, TNS, and YouMail (free) that you can download. Always ensure that you are getting the calls you want from people.
3. You can always register for the Do Not Call List (<https://www.donotcall.gov/>), but it might not stop scammers who do not follow the rules.
4. Use common sense. You know that legitimate businesses are not going to ask you to pay them using gift cards from Amazon or iTunes. Calls like this are on the rise. Also, be aware that your bank, the IRS, or credit card companies are not calling you to provide personal information. If you get a call like that, and want to verify, you should initiate a call to your bank or credit card company to see if they made the call.

Actions, like those listed above, might not stop all the unwanted calls, but should seriously reduce the number of unwanted calls you keep getting.

There are some times when robocalls are necessary, such as when the doctor's office calls you to remind you of an appointment or when the school calls to verify a student absence (or to announce a snow day!). So, sometimes, there is a reason for the call. The problem occurs when these calls are used for other than their intended purpose. There may be help on the way from the government, as the US Senate passed a bipartisan effort to promote the Telephone Robocall Abuse Criminal Enforcement and Deterrence Act, (TRACED) to try to curb these unwanted contacts.

For more information on ways to protect yourself, visit AARP's Scams and Frauds page at: <https://www.aarp.org/money/scams-fraud/>



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