



OCFS Youth Newsletter

December 2015
Volume 7

How to Deal with Impulsivity: Understanding Biology & Strategies to Deal With It

By Raven Profit

Inhibition is a feeling that makes one self-conscious and unable to act in a relaxed and natural way. Impulsivity on the other hand, is acting on a whim. The difference between impulsivity and inhibition is that one is associated with feelings (inhibition) and the other is associated with behavior or actions (impulsivity). Over-activity and impulsivity can sometimes be seen in those who have been diagnosed with ADHD or Attention Deficit Hyperactivity Disorder. Those with ADHD are often confronted with the inability to choose between immediate and larger rewards, immediate rewards being more gratifying. Risk factors and susceptibility for those with difficulty controlling impulsivity include things like alcohol or drugs and delinquency, etc. What can be done to increase an overall understanding of ourselves and our environments? Although many things in life are easier said than done, start off by simply just stopping, thinking, and then reacting. Slow down or take a second to identify your surroundings. Think positively and treat others with respect. Anything is possible if you put your mind to it. Dream and think "outside of the box". Never let situations define you. ☺

"Dopamine, Serotonin and Impulsivity." Dopamine, Serotonin and Impulsivity. N.p., n.d. Web. 31 July 2015.

Soft Skills, Hard Skills and the Millennial Generation: "Welcome to Generation Y"

By Raven Profit

There has recently been much breathtaking advancement in science. Things that were once thought to be only featured in science fiction novels have now become our reality. Many of these new advancements and contributions to society require a certain level of skills, including, but not limited to, hard skills and soft skills.

Hard skills can be defined as skillsets that can be taught or measured, i.e. typing, research, developing pivot tables, statistical software programs, mathematics, science, coding, etc. Although hard skills are often more difficult to attain, anything is possible with dedication, hard work and diligence. Soft skills can be defined as how well you are able to connect or establish relationships. Soft skills can be attained by practicing leadership, ability to adapt to different environments, and through life experiences.

I know you are probably asking, "why is all of this important?" Well, not only will these skills help develop you as a person, providing you with skills that can help you navigate the real world, but they will also make you a better candidate for jobs and other opportunities. Strengthening our minds is just as important as strengthening our bodies. ☺

OCFS Marks January 2016 Human Trafficking Awareness Month

Human trafficking is a form of modern-day slavery where people profit from the control and exploitation of others. For more information, read the Human Trafficking Need to Know Series brochure on YouthInProgress.org or on the OCFS website (ocfs.ny.gov).

Is College Not the Right Fit for You?

Are you interested in exploring career and vocational options?

Here's a list of technical and vocational career options to guide you in your search. Please note that all technical and vocational options are not limited to the list provided below. The list below has been compiled from the Department of Labor's official website employment projections to offer information and resources. Median Annual Wages are not fixed, are subject to changes and may vary depending on geographic location.

You can also view other options by visiting the United States Department of Labor website at: http://www.bls.gov/emp/ep_table_107.htm

Job Title:	Education:	Median Annual Wage:
Food Service Managers	High school diploma or equivalent/ further training or certificate may be required	\$47,960
Gaming Managers	High school diploma or equivalent/ further training or certificate may be required	\$65,220
Lodging Managers	High school diploma or equivalent/ further training or certificate may be required	\$46,810
Claims adjusters, examiners, and investigators	High school diploma or equivalent/ further training or certificate may be required	\$59,960
Business operations specialists	High school diploma or equivalent/ further training or certificate may be required	\$65,120
Tax preparers	High school diploma or equivalent/ further training or certificate may be required	\$33,730
Radio operators	High school diploma or equivalent/ further training or certificate may be required	\$42,080
Opticians, dispensing	High school diploma or equivalent/ further training or certificate may be required	\$33,330

Job Title:	Education:	Median Annual Wage:
Occupational therapy aides	High school diploma or equivalent/ further training or certificate may be required	\$26,850
Veterinary assistants and laboratory animal caretakers	High school diploma or equivalent/ further training or certificate may be required	\$23,130
Occupational health and safety technicians	High school diploma or equivalent/ further training or certificate may be required	\$47,440
Executive secretaries and executive administrative assistants	High school diploma or equivalent/ further training or certificate may be required	\$47,500
Legal secretaries	High school diploma or equivalent/ further training or certificate may be required	\$42,170
Carpenters	High school diploma or equivalent/ further training or certificate may be required	\$39,940
Chefs and head cooks	High school diploma or equivalent/ further training or certificate may be required	\$42,480
Gaming surveillance officers and gaming investigators	High school diploma or equivalent/ further training or certificate may be required	\$29,610
Fire inspectors and investigators	High school diploma or equivalent/ further training or certificate may be required High school diploma or equivalent/ further training or certificate may be required	\$53,990
Helpers--electricians	High school diploma or equivalent/ further training or certificate may be required	\$27,670

"Occupation Employment, Job Openings and Worker Characteristics." U.S. Bureau of Labor Statistics. U.S. Bureau of Labor Statistics, n.d. Web. 09 Nov. 2015.

COLLEGE TIPS

By: Marika Frasher

ON:

- Making friends
- Packing
- Keeping your grades up

Packing for college

Freshman dorms are very small and every inch counts, but it's not impossible to make your dorm cozy, comfortable, stylish, and organized in minimal space. Here are some tips to make you accomplish the best dorm ever.

1. Every college has a list of things you can, and cannot bring, use that list as a guideline as you go shopping for your dorm.
2. Get supplies that serve multiple functions, for example you can have a desk lamp that also serves as a pencil case. (Remember saving space is key!).
3. Do you really need two of everything? Not everything, but some things yes. This is why you must communicate with your roommate. You can split things to make both your lives easier, such as a printer, coffee maker, etc. mostly things that take up space.
4. Utilize all empty space, including behind your closet and dorm doors, and under your bed.

Making Friends

Don't worry about this too much; every freshman is a new kid at school, so it's easy to make friends.

1. Join clubs/volunteer. This can help you meet someone that has the same interest as you.
2. Go to events. Many things can be happening on campus that day. Pick some and attend.
3. Add friends on social media, or join the school's Facebook page. This can help you connect with others from your school.
4. Never give up on making friends, just be yourself and someone will be your friend.

Keeping your grades up

This may be difficult, but also not impossible!

1. Attend all your classes; this will help you to keep up to date with the materials you will be learning in class.
2. Make your presence known, participate in class discussions and ask questions.
3. Use your text books; read the readings the professors assign. It will make a difference.
4. Study! Study often, not just when a test is coming up. This will also help you to know the material better.
5. Use all the extra help you can get. Go to the writing and tutor centers. This will help a lot, especially if you are struggling in any subjects. Plus, it's free!

Submit Your Work to the OCFS Youth Newsletter

Do you have ideas for the newsletter? Do you want your story, artwork, or poem featured in our next newsletter? Submit a reflective essay about your experiences, challenges, and inspirations in foster care! To submit material or ask questions, email Kenneth Kirton: Kenneth.Kirton@ocfs.ny.gov

Next deadline:
June 1, 2016

Staying Grounded: Acknowledgement of Self

By Raven Profit

Staying grounded is much more complex than simply having both feet on the ground it's about being strong, well-informed and adamant about your passions. For example, a plant's success and stability depends on a number of things: the right amount of water it consumes, surface area, photons captured by sunlight, and anchoring of the plants root system in the ground, etc.

Being grounded, in other words, involves an inner mental physical and emotional stability as well as an awareness of the world around you. Consuming things that contribute to our overall well-being, whether in diet, exercise, what we read, what we watch on television, the people we surround ourselves with, staying mindful of our thoughts, etc., helps us to stay grounded. Being mindful of your thoughts allows you to reevaluate your life in ways no one else can but you. Stay grounded, stay strong and stay true. 🌿

Youth Creativity Corner

Yum!



Fall Oatmeal, Cranberry and Chocolate Chip Cookie Recipe

By Raven Profit

Ingredients:

- ½ cup of sanding sugar
- ½ cup of brown sugar
- 1 cup of butter or margarine
- 2 cups of oats
- 1 cup of raisins and cranberries
- 1 egg
- 1 teaspoon of vanilla
- 1.5 cups of unbleached flour
- 1 cup of chocolate chips
- ¼ teaspoon of salt

Directions:

Heat oven to 350°F. Stir ingredients in a large bowl until it is firm and fluffy. Take palm size chunks of the dough and roll them into balls. Grease the bottom of a cookie pan (or cookie sheet). Place rolled balls of cookie onto cookie pan or sheet. Place balls about two inches apart on the pan. Bake for 10 to 12 minutes, or until the cookies are golden brown in color. Remove cookies from oven and allow them to cool to room temperature. Enjoy!