



DO GOOD CHALLENGE

Covid 19 has brought out the best and the worst in people. Unfortunately for many, it has also meant isolation. With the stress, the isolation, the uncertainty, mental health of many is suffering. This is your chance to make a difference for someone. Whether it is going to visit an elderly neighbor or calling someone to check in or picking up groceries for someone immunocompromised, you can make a difference and lift their spirits. This is your opportunity to improve some-one's mental health and possibly win a Starbucks gift card at the same time. Send 200 words of what you did and why to info@claimyouryouth.com. You could see it on the Claim Your Youth page and win too!

WINTER 2020

CLAIM YOUR YOUTH

A CAREER? ALREADY?

It may seem there's pressure to figure out the rest of your life, but you have plenty of time to choose a career path, so take a breath. Oh, what about becoming a pulmonologist?

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CLAIM
YOUR
YOUTH™



OMG, I'M SO
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A CAREER? ALREADY?

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Okay, maybe you're not passionate about specializing in the respiratory system. During your career search, find something of personal interest that utilizes your skills and strengths, and something that you're actually passionate about.

First, discuss possible opportunities with your guidance counselor. They have the ability to provide you with the right resources. Also, search teen job opportunities in your area on sites like HireTeen, Indeed or Snagajob.

The cliché advice is to follow your dreams, which you should, but also remember to be practical in your goals—here's looking at you artists and athletes. If you have the talent and dedication to become a professional in the arts or athletics, then commit to those goals early. However, finding a career that's affiliated with your favorite field is also a consideration.

For example, if you're a great creative writer and wish to become the next great novelist, then keep writing, but also research a career in the publishing industry, and look for current openings at the library. Other suitable routes include teaching and journalism. Journalism majors, for example, occasionally land jobs in public relations as well. Connecting these fields expands your options from librarian to PR agent.

Also, if you're a great football player with eyes set on the NFL, becoming a professional athlete can be an incredibly daunting task. As you work toward that goal, consider jobs in physical therapy or sports management, and look into

coaching or refereeing youth sports between semesters. This could put you on a path to eventually become an athletic director, coach or doctor—three very prestigious positions.

Broadening your search for the right career applies to every interest from business to mathematics to science; you just have to be creative and open to other possibilities, which will increase opportunity. A fortunate feature of being young is that you're capable of testing a field through internships and part-time employment. This route can not only help you make a decision on what is or isn't a good fit, but it also provides relevant experience that will boost your resume.

Another tip is to find a mentor to help you develop your skills in a field you express interest. They will be able to show you the pros and cons of a specific industry and answer the many questions you may have.

There's a lot going on for you as a high school student already, and deciding your future shouldn't be stressful. You don't have to declare a major this second, but exploring a variety of options that suit your skills and passions early can help craft a solid plan. Remember, be realistic, entertain associated fields to your specific interests, apply for relevant internships and employment and build a relationship with an industry expert.

Also remember, you have time.

GETTING BACK TO NORMAL

This holiday season may be more cherished than ever before as you spend time with family and friends. It's been a trying 2020, and though it's strange to hear, students may yearn for a new school semester.

The turn of the year signifies a return to normal—hopefully. With that in mind, you must be prepared to get back into a familiar groove. As many students have finally found comfort and efficiency in online learning, and the new schedule that comes with the platform, get ready to set your alarm clocks, put on real clothes and roam the halls of a building with your peers.

You guessed it; it's time to manage your time again. First, you must factor in your commute to and from school, and the extra moments you use to prepare before and decompress after classes. This could add up to over an hour depending on your situation. You didn't have to deal

with getting ready or unwinding as much recently if you've been cooped up in your home.

For students who participate in athletics, clubs or are employed, these activities may resume as well, so be sure to alter your schedule accordingly. Also, the opportunities to be social out and about may increase, so half-preparing for a video hangout just became fully preparing for an outing outside the only walls you've known for half a year.

One thing to remember is that you don't have to go hard socially to make up for lost time. Everyone has been in the same situation. Also, before the semester begins, use some free time during the break to schedule out everything associated with school and extra-curricular activities.

Life is about progression, but in 2021, many are hoping for things to just get back to normal.

OMG, I'M SO BORED!

The COVID-19 pandemic is a serious issue. There's no way around it; life sucks because of the coronavirus. However, though many have suffered through different levels of adversity during this unprecedented age, we do have the ability to occupy our extra time and find a distraction.

If you've been fortunate enough to remain healthy, it probably means you've formed a pretty strong bond with the inside of your house. One of the more convenient traits of your generation is that being social doesn't necessarily mean you have to physically interact with each other. Even though snapping, insta-ing, tweeting or posting may get old, the TikTok platform has become a popular new way of providing entertainment. Teens have the ability to create inspired choreography without being in the same room.

Technology has helped tremendously during quarantine. Friends can use video communication services such as Zoom to synchronize workouts or share gossip over dinner or dessert. Also, streaming services provide a plethora of shows to binge and new releases of movies that would normally debut in theaters.

However, maybe you need a break from technology. Have you ever noticed these big pieces of furniture with open compartments your parents have, and they hold all these weird rectangles that have paper glued together at the spine? That's called a bookshelf and those objects are books. You can carry around thousands in your hand with e-readers, but there's a certain charm to diving into a physical copy of a novel. Also, you can partake in family game nights, pick up useful hobbies such as cooking or gardening or even satisfy your inner child by constructing a pillow fort or obstacle course.

Society has had to deal with a lot, but don't let the pandemic control your fun. Life is good.

