



Transition Newsletter

Volume 9
Aug 2021



Building Up Your Resume

With school starting soon, there are many things you can do while still in school to improve your resume and job applications to start earning money. One way in particular is by participating in extracurricular activities.

What are extracurricular activities?

An extracurricular activity can be almost anything that isn't required for high school credit that you do while you're in high school. By doing extracurricular activities, you can expand their social circle, develop new skills, and become better problem solvers. Extracurricular activities do require a consistent time commitment, a degree of responsibility and initiative, and in the best cases, a level of leadership not demonstrated in the classroom.

What are the benefits of extracurricular activities?

- Improved academic performance—it can increase brain function and help improve your time management!
- Allows you to further explore interests and help unlock passions you never knew you had!
- Build your self-esteem by working harder and mastering new skills!
- New social opportunities to make new friends with common interests!
- Builds on essential life skills!
 - ◊ Goal setting
 - ◊ Teamwork
 - ◊ Time management
 - ◊ Problem solving
 - ◊ Leadership
 - ◊ Public speaking
- Great for resumes and applications— without much previous work experience, one of the only ways hiring managers can assess your ability and work ethic is through your extracurricular activities!



What are some extracurricular activities?

- Sports—volleyball, basketball, football, baseball/softball, track/field, team manager
- Volunteer—Habitat for Humanity, church, community festivals
- Student body—debate team, school government, student council
- Journalism—school newspaper, yearbook, AV club, photography
- Culture-based clubs— foreign language, sign language, social activism
- Arts—theater, band, chorus, dance
- Special Interests—4-H, FBLA, FCCLA, Boy/Girl Scouts, Jr ROTC
- And many more!

How do I find what's available near me?

Talk to your parents, school counselor or teacher, ask your friends what they are involved in, call 211 or visit helplinecenter.org, or talk to me and I'd be happy to help you find potential opportunities!



APP HIGHLIGHT



myHomework

The myHomework app has a clean interface and design make this app great for college, high school, or middle school. This homework helper contains additional features that make it easy to use for high school students with a block class schedule. Keeping track of assignments has never been better! The myHomework student agenda is today's students favorite way to focus and reduce anxiety. Using myHomework as a school organizer makes keeping track of what assignments to do easier than ever before. The account is FREE everywhere and an ads-free premium experience is available.

This is informational only. DHS is neither supporting or endorsing the app. Please determine for yourself if you wish to use it and proceed accordingly.



Name:

Phone:

Email:

[dhs.sd.gov/
transitionresources.aspx](http://dhs.sd.gov/transitionresources.aspx)



Thanks to the **Department of Labor & Regulation**, enclosed in this month's newsletter is a **POCKET RESUME**. You can keep it in your wallet/purse when filling out in-person job applications to ensure proper spelling and accurate information. Contact me and we'll get working on it for you to start using!

Virtual Job Shadow

Virtual Job Shadow (VJS) has a resume and cover letter builder on their website to help you start drafting! They also have examples for resumes, cover letters, job applications, and thank-you letters that might be very beneficial. The examples show what 9th, 11th, and 12th graders might consider adding to their documents so contact me today and I'll help you get started!



Career and Technical Education (CTE)

Another way you can boost your resume and job application is by enrolling in a CTE course while in high school! Not only does it help you make more informed education and career choices, but these course are associated with higher wages due to the hands-on training you receive! CTE is a cheaper way to explore your career options while in high school vs. changing majors when attending a university or technical college mid-stream or starting in a career that you don't enjoy because you were unaware of what all was involved. South Dakota has over 700 CTE programs offered in 151 public, private and tribal school districts across sixteen career clusters:



CTE focuses on...

- ALL students, regardless of performance or postsecondary and career plans
- ALL careers, including high-demand fields
- Integration of academics & career preparation within a standards-based curriculum
- Professional certifications, associate degrees, four-year degrees and beyond

Want to learn more about CTE courses at your school? You can visit doe.sd.gov/CTE/careerclusters.aspx or contact your teacher and/or school counselor to find out what's available and how to get registered!

Paid Work Experience with Supports

Another way to boost your resume is to ask about participating in **Project Skills!** Project Skills is a paid work experience that is provided in partnership between your school and VR, if you are on an IEP. The school will help you find a job in the community, help you learn the job by providing job coaching while maintaining communication with your supervisor. My office (VR) pays your wages—\$10/hour! Not on an IEP, no problem! I have a similar program available that will still pay you \$10/hour, but the school isn't involved with the job. Rather someone from my office will help you find a job within a field of interest, help you learn the job, and maintain communication with your supervisor!

To learn more, visit our website dhs.sd.gov/rehabservices/projectskills.aspx or contact me and I'll be happy to answer any questions!

