

TRANSITION ALLIANCE PROGRAM (TAP) NEWSLETTER

FAFSA Form for college bound students

February 4, 2015

This month, we will start assisting our TAP students with their FAFSA form. Parents/guardians should be aware that certain documents are required in order to fill these out quickly and efficiently. Please start gathering these documents now so this process can run smoothly for your student. A list of documents can be found on the FAFSA website (fafsa.ed.gov). Parents/guardians may also complete the form on their own online if they prefer or seek assistance from the Financial Aid office at their student's college of choice.

Decker Truck Lines Tour

A small group of TAP students were given an extensive tour of Decker Truck lines where they learned about various types of jobs there and the education requirements needed. Our students were thoroughly impressed with the longevity of many of the workers and the loyalty shown by the company. We want to thank Decker for allowing us to monopolize their time for a few hours and were truly impressed with the entire operation.

New Young Adult Group for TAP

Starting this month, TAP will be meeting with the young women in our program to discuss issues they deal with on a day to day basis. Peer pressure, friendships, school and work are just a few of the topics we will be touching on. Being proactive instead of reactive to the situations we find ourselves in can lead to less stress and better productivity. Not to mention a more positive state of mind. How and when we learn to handle the stress/pressures of everyday life is a very important life skill that should be taught early and often.

DATES TO REMEMBER:

- February 11th– Fort Dodge Ford Tour
- February 16th– School (make-up day)
- February 17th– Girls Group
- February 26th– Drivers License Practice and end of Trimester
- February 24th and 26th– ICCC Financial Aid Night 4-7 pm @ ICCC
- February 27th– No School– Teacher work day



Top 10 stressors (random):

1. Not enough time
2. Phone, social media
3. Finances
4. Job
5. Health
6. Personal relationships
7. Taking on too much
8. Conflict at work or home
9. No relaxation, no down time
10. Major life change

What are your stressors?



Top 10 Relaxation Techniques:

1. Meditate
2. Breathe deeply
3. Be present
4. Reach out
5. Tune into your body
6. Decompress
7. Laugh out loud
8. Crank up the tunes
9. Get moving
10. Be grateful

What do you do to relax?



The difference between school and life?

In school, you're taught a lesson and then given a test. In life, you're given a test that teaches you a lesson.

-Tom Bodett

Sometimes I spell a word so wrong that even auto-correct is like, "I've got nothing man!"



TAP (Transition Alliance Program)

Fort Dodge Senior High

819 North 25th Street

Fort Dodge, IA 50501

515-955-1770

TAP Coordinator-Mary Kenny

TAP Assistant-Kim Johnson



NEWSLETTER

ICCC Senior Visit Day and Class Registration

On February 17th between 1:30 - 3:00, Megan Grove from ICCC will be in the counseling area to schedule students for their ICCC classes. Please see Teresa in counseling to schedule a time. In addition, on March 6th ICCC will be hosting another Senior Visit Day for those students who haven't visited yet or just want to look around once again.

TAP in the classroom

TAP met with Mrs. Winge's class this week to discuss situations they face on a jobsite and how they handle them. We discussed peer pressure, positional pressure, constructive criticism, drama, staying on task, and career choices to name a few. The students asked some great questions and did an awesome job of listening to the information presented.

Money Management

Starting in March we will be meeting monthly with our TAP students to discuss and learn more about money management. This will include loans, checking accounts, savings accounts, investments, credit/debit cards, income vs. spending, and other topics. Financial literacy is one of the biggest growing concerns for our youth today. As with anything, the more times you get the information in front of them, the more likely they are to remember it and use it.

Scholarships

TAP staff have been meeting with the senior TAP students for several weeks now assisting them with their scholarship applications. The first round were due February 2nd and many others will be due in March and April. Please take advantage of this opportunity and fill out an application. Please see Mary or Kim in room 67 for assistance.

Junior Visit Day at ICCC on April 2nd

On April 2nd we will be taking our junior classmen out to ICCC for their Junior Visit Day. This is an early opportunity for our juniors to see ICCC and ask any questions they might have.