Tips for Surviving the Winter Blahs

During the cold winter months, it is very tempting to want to stay home in your cozy apartment or house and skip class. While the extra time at home may be great at the moment, falling behind in your class or classes is never a good idea.

How can you avoid the winter blahs? Here are a few tried and true tips to keep you healthy and focused.

1. Keep regular hours. By going to sleep and waking up at the same time each day, you train your internal clock and are less likely to feel overly tired.

2. Invest in a new calendar. There’s nothing like entering birthday and special celebrations in a new calendar or appointment book to have fun events to look forward to during the dark days of winter. Did someone say cake?

3. Get some sunshine! To keep our bones strong and our spirits up, doctors recommend that we get at least 20 minutes of sunshine daily. Even if it is not sunny outside, you can still absorb Vitamin D during the winter months by taking a quick walk around your yard, neighborhood or school parking lot. If you have a dog, this is another good reason to take your furry friend outside for a quick walk or romp in the snow!

4. Limit carbs. Carbohydrates can leave you feeling sluggish. Try lighter foods such as fruits and vegetables and limit your intake of pasta, pies, cakes, cookies and other starchy foods.

5. Meditate. Take some time to quiet your mind and focus on your breathing. Listen to some soothing music and take deep breaths. You will likely feel more refreshed and able to concentrate once you resume your regular daily routine.

6. Start writing. If you have not yet addressed your Valentine’s Day cards to relatives and friends, why not take an evening or weekend afternoon to get them done? Or give them a call. Hearing a friendly voice on the other end of the line or seeing their face via Skype is a great way to brighten your mood—and theirs!

Vitamin D helps keep our bones strong. Low Vitamin D has also been linked to depression. So if you have a case of the blues, why not try some sunshine?

Try some exercise!

NOVA’s College Success Skills Course (SDV 100)

The next College Success Skills (SDV 100) course offered at Woodson High School will begin on Monday, May 18, 2015. All new NOVA students are required to take this SDV 100 course in order to graduate from college. This course will meet weekly from 6:30 to 8:10 p.m. for six weeks ending on June 15. Adult High School Completion students (AHS/GED/NEDP) may take this course if they are within two or three months of graduation or have recently passed the GED exam. A discount rate of $25 (regular $161.75 in-state or $340 out-of-state tuition rate) may be offered depending on each student’s unique application status. Course topics include overviews of college policies, procedures, and class offerings. In addition, students learn tips for improving study habits, time and money management, setting goals and planning their education to secure employment, using library and tutoring resources and more. Contact Suzanne Harvey at sharvey@fcps.edu or (703) 503-6404 for more information.

News Flash!

Punxsutawney Phil saw his shadow on February 2—Groundhog Day. This means there will be six more weeks of winter!

Special points of interest:

- President’s Day Holiday is on Monday, February 16. No classes will be held this day.
- FCPSS Spring Break is March 30-April 3. No classes will be held during this time.
- Glory Days Grill is hiring!
- Students complete FAFSA each spring to apply for financial aid.
- Mark your calendars! The next College & Career Fair will be on Tuesday, May 19, 2015!
- Have you added a free QR code reader to your smart phone? If so, scan the code on the back page of this newsletter to visit our web site!
A common myth about financial aid is that if you or your parents earn too much money then you will not qualify for financial aid. This is not always the case. Colleges and universities create a financial aid package for each student who requests assistance. These packages are a combination of grants, loans, on-campus employment and scholarships. Some money does not need to be repaid while student loans become due a few months after you graduate from college providing you are continuously enrolled. You have nothing to lose by applying. Think of it like playing the lottery. You can’t win the lottery if you don’t buy a ticket!

No, it’s not a type of cold or flu. It is the form students complete to see if they can qualify for financial aid to attend college. The average time to complete the online form is just 23 minutes. That’s about the same time as a half-hour TV program. To learn more about the FAFSA (Free Application for Federal Student Aid), visit www.fafsa.ed.gov. Mrs. Harvey is available to assist you with completing the FAFSA if you would like personalized assistance.

Ever Heard of the FAFSA?

No, it’s not a type of cold or flu. It is the form students complete to see if they can qualify for financial aid to attend college. The average time to complete the online form is just 23 minutes. That’s about the same time as a half-hour TV program. To learn more about the FAFSA (Free Application for Federal Student Aid), visit www.fafsa.ed.gov. Mrs. Harvey is available to assist you with completing the FAFSA if you would like personalized assistance.

Upcoming Financial Aid Workshops

The schools below are hosting FREE workshops to help you fill out your FAFSA application.

<table>
<thead>
<tr>
<th>Saturday, February 7, 2015</th>
<th>Wednesday, February 11, 2015</th>
<th>Saturday, February 21, 2015</th>
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<tbody>
<tr>
<td>Bryant Adult High School</td>
<td>Hayfield Secondary School-Room 2470</td>
<td>Falls Church High School-Library</td>
</tr>
<tr>
<td>2709 Popkins Lane</td>
<td>7630 Telegraph Road</td>
<td>7521 Jaguar Trail</td>
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<tr>
<td>Alexandria, VA</td>
<td>Alexandria, VA</td>
<td>Falls Church, VA</td>
</tr>
<tr>
<td>9:00 A.M. to Noon</td>
<td>5:30 to 7:30 P.M.</td>
<td>9:00 A.M. to Noon</td>
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<td>* Spanish translators available</td>
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- Students receive personalized assistance from a NOVA Career Counselor to help them achieve their career goals.
- Counselors are cross-trained to serve as a financial aid advisor as well.
- Counselors assist student by phone, email, and in-person appointments.
- Counselors continue to assist students pursuing their career plan for up to three years.
Become an Paid Apprentice

Your Future as a Highly Paid Apprentice Awaits!

Energy efficient technologies are among the many ways electrical contractors are tackling energy consumption and contractors are looking for new talent to help with these new projects. The electrical industry and the Washington, D.C. Joint Apprenticeship and Training Committee (JATC) are training the next wave of electricians to join the industry.

This is a tuition-free electrical apprenticeship program where you get paid while you learn! The accredited three- and five-year programs provide students with an intense combination of on-the-job training and classroom learning taught by skilled journeyman electricians. First-year students earn approximately $51,000 and program graduates make nearly $85,000 a year plus benefits. When not in the classroom, apprentices work on actual project job sites for the electrical contractors to whom they are assigned. In the past, students have worked on the Washington Redskins FedEx Field, Dulles International Airport Tower, Georgetown University, and the Presidential Inauguration viewing platform to name just a few!

Applications are accepted year-round, but the deadline for the next apprenticeship class is March 31, 2015. Applicants must provide a high school diploma or G.E.D. Students must be strong in math and science with high school transcripts showing a passing grade in Algebra 1, along with passing their science classes, and score in the qualifying range of an industry-based aptitude test. Once accepted into the program, apprentices only have to pay for their own transportation.

For more information on careers in the electrical industry today, visit www.getchargedup.org or calling (301) 429-2575.

FCPS Adult and Community Education (ACE) Offers Additional Apprenticeship Training Programs

Apprenticeship related instruction classes complement on-the-job training provided by employers participating in the Virginia State Registered Apprenticeship Program. Most classes start in September but FCPS ACE is offering barbering, cosmetology, electricity 1, HVAC-R 1, and plumbing 1. This training leads to journeyman licensing eligibility. The trade classes are open to individuals who want to start a new career, enhance their existing skills, or cross train in another trade. To become a State registered apprenticeship, have your employer call (703) 392-0900, ext. 102 or 131.

For more information about apprenticeship programs and classes, visit the ACE website at: www.fcps.edu/is/ace/apprenticeship.shtml

Career and Job Transition Services Student Survey

We want your input! In the next few weeks, Mrs. Harvey will be contacting you via classroom visits. She will be inviting you to participate in a student survey to assist her with identifying the types of career and job transition services that interest you. For example, at any given time, some students may be looking for a new job. To help Ms. Harvey understand the types of positions you are seeking, your comments will provide her an idea of the types of employers she should contact to invite to our College and Career Fair. The next College and Career Fair is scheduled at Woodson High School, Cavalier Hall, on Tuesday, May 19 from 5-8:00 p.m. Watch for more information about the fair as the date grows near. To take the survey, visit this site and answer a few short questions: https://www.surveymonkey.com/s/AHSCCS

Contact Mrs. Harvey at (703) 503-6404 or slharvey@fcps.edu if you have questions.

Thank you!

Your help is needed!
Hot Jobs!

Swissport is hiring Full- and Part-Time Airport Ramp Agents. Attend their hiring event located across from Washington/Dulles International Airport. Swissport Human Resources-Dulles West Building, 44965 Aviation Drive, Suite 200, Dulles, VA.

The Ramp Agent position consists of loading and unloading baggage/cargo on domestic and international aircraft. You must be able to lift 70 pounds and possess a valid driver’s license. This position requires you to work evenings, weekends and holidays. You must pass a 10 year background check, criminal history check and pre-employment drug screening.

You may apply in person at the address listed above. See the hours below:
February 4-6 (Wednesday-Friday), 9:00 A.M. to 4:00 P.M.
February 9-13 (Monday-Friday), 9:00 A.M. to 4:00 P.M.
You may also apply online at www.swissport.com/careers

Like Sports? Love to Cook? Join the Glory Days Team!

Looking for a full- or part-time position preparing delicious food and beverages for a popular area sports bar and grill? Glory Days is hiring at their Northern Virginia and Maryland locations.

Apply in person at a location near you or visit www.glorydaysgrill.com for a list of locations.

E-mail your resume to careers@glorydaysgrill.com. Glory Days Grill is an Equal Opportunity Employer.

Success Stories. You’re Next!

The Fairfax County Adult High School Completion Program staff are seeking students willing to share their success story with other students and recent alumni. This might include an article in a future edition of this Career Connections newsletter, a photo (optional) and some quotes from you to inspire other students on their academic and career journeys. Interested students or recent alumni are encouraged to contact Mrs. Suzanne Harvey at (703) 503-6404 or slharvey@fcps.edu to arrange a time for a brief interview. Thank you in advance for considering this request. Our staff are very proud of our students, and we cannot help but want to share your success story with others. Who knows how many current students you can inspire by sharing your story?