

• Fall 2022

Occupation Spotlight-

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What If? Just A.S.K.

The Philosophy An understanding of the principles behind What If? Just A.S.K.

Fall 2022

Key Skills

Critical Thinking

Occupational Spotlight

1 The Philosophy

Rodney D. Brooks and Breanne Brooks



We believe the A.S.K. tool is essential in helping individuals to think of and look at alternatives. We believe that forward thinking drives ultimate success. We also believe that without a fundamental methodology that it is possible to stay focused.

What If?

What if you could change, improve, or become an influence in those things you desired to embark on? Would you do it? If someone asked you how would you do it, could you tell them how?

Ask the Question

We dare you to ask yourself the question: "What if I could be or do whatever I dreamed of or felt inspired to do?" Everything starts with a question. The question is what challenges, motivates, and inspires you to take action. If you are not inspired to action, then action will not be taken. Since the question is "What if?," then you are automatically challenged to see other alternatives or a better way of doing or envisioning things. So, ask vourself...

"What If I...?"

Seek the Answer within Yourself First. and Then Use Your Resources

Challenge yourself to answer the question. The question is going to drive your passions and your beliefs, which mean the answer is going to come from within you. Seeking the answer from within also drives the "how." The how is what stimulates your mind. This is what helps you to understand yourself and your passion for wanting to be the best, improving the situations that you want to see improved, and inspiring others around you to do the same. Your resources become a validation of what you may already have discovered within yourself. Your resources may also challenge you to think of other questions and to dig deeper into your question and its solution.

Know and Believe In Your Abilities

If you do not know and understand your abilities, then no one else will. No one knows Founders Rodney D. Brooks and Breanne E. Brooks you better than you. No one knows what you are passionate about and your dreams better than you. You can ask the question and answer the question. However, if you don't believe that you can fulfill your dreams and do those things that you are passionate about or change those things that you would like to see changed, then it is time to start over and reevaluate the question. Knowing and

believing in your abilities also helps you to improve on those abilities. It pushes you to be the best that you can be, and it drives honesty within yourself. No one automatically has all the skills to reach their dreams or make the changes that they desire. It takes work, hard work. That work starts with learning and then constantly improving on those things that you need to improve on or make better and stronger. A better you means a better person for society! Now that you know the recipe for your success, your change, and your dreams; just A.S.K. and dare to make a difference!



Education Series

"Successful and unsuccessful people do not vary greatly in their abilities. They vary in their desires to reach their potential." – John Maxwell





https://www.whatifjustask.com/wija-nnect-career-center-1.html

Available online at Amazon, Barnes & Noble and other retailers

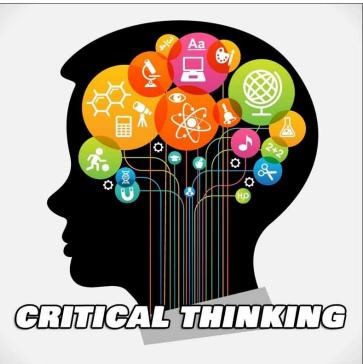
What IF? Just A.S.K.

How Our Youth Can Change, Improve or Become an Influence in Those Things They Desire

Rodney D. Brooks with Breanne E. Brooks

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Critical Thinking



What is Critical thinking?

Critical thinking is the analysis of available facts, evidence, observations, and arguments to form a judgement.[1] The subject is complex; several different definitions exist, which generally include the rational, skeptical, and unbiased analysis or evaluation of factual evidence. Critical thinking is self-directed, self-disciplined, self-monitored, and self-corrective thinking.[2] It presupposes assent to rigorous standards of excellence and mindful command of their use. It entails effective communication and problem-solving abilities as well as a commitment to overcome native egocentrism(the inability to differentiate between self and other. More specifically, it is the inability to accurately assume or understand any perspective other than one's own.) and sociocentrism (means to apply one's own culture or ethnicity as a frame of reference to judge other cultures, practices, behaviors, beliefs, and people, instead of using the standards of the culture involved.

The Importance of Critical Thinking

Critical thinking is important in our society because it is a universal concept that applies to anyone, regardless of race, culture, economic status, or religion. Moreover, our future hinges on critical thinking, because societies and economies need it to solve problems effectively and efficiently.

Critical thinkers consider multiple sides of an issue or topic before making their judgment. They ask questions about what they see or hear instead of blindly accepting the information they are given. Critical thinking skills typically ensure you are not biased.

On top of that, critical thinkers dig deeper and don't accept everything at face value. They use logic, questioning, and verification of information before crafting their conclusions. Therefore, critical thinkers exhibit the following qualities:

Always curious about various perspectives

Constantly challenging and asking questions, wanting to know more

Highly creative because they see limitless

possibilities

Great problem solvers because they consider all angles of the problem

Exhibit high independence since they are confident in their choices

Just like you exercise your muscles at the gym, you must exercise your mind to make it stronger. You must be mindful in practicing critical thinking because many other skills hinge on it, like patience in solving problems, staying logical amidst a crisis, making decisions, or even staying open-minded to divergent ideas.

Critical thinking improves your life because learning, analyzing, and acquiring knowledge is a lifelong process that doesn't stop at school. As a critical thinker, you'll also be trusted by your peers much more. However, if you truly want peace of mind, you should also be on top of your overall health, because good health is the true measure of wealth.



Education Series

"You are braver than you believe, stronger than you seem and smarter than you think. -A.A. Milne

continued – Critical Thinking



Why Do Employers Value Critical Thinking Skills?

Employers want job candidates who can evaluate a situation using logical thought and offer the best solution.

Someone with critical thinking skills can be trusted to make decisions independently and will not need constant handholding.

Hiring a critical thinker means that micromanaging won't be required. Critical thinking abilities are among the most sought-after skills in almost every industry and workplace. You can demonstrate critical thinking by using related keywords in your resume and cover letter, and during your interview.

Occupational Spotlight

Veterinarians care for the health of animals and work to protect public health. They diagnose, treat, and research medical conditions and diseases of pets, livestock, and other animals.

Veterinarians typically do the following:

Examine animals to assess their health and diagnose problems

Treat and dress wounds

Perform surgery on animals

Test for and vaccinate against diseases

Operate medical equipment, such as x-ray machines

Advise animal owners about general care, medical conditions, and treatments

Prescribe medication

Euthanize animals



Veterinarian

Occupational Spotlight continued

The following are examples of types of veterinarians:

Companion animal veterinarians treat pets and generally work in private clinics and hospitals. They most often care for cats and dogs, but they also treat other pets, such as birds, ferrets, and rabbits. These veterinarians diagnose and provide treatment for animal health problems; consult with animal owners about preventive healthcare; and carry out medical and surgical procedures, such as vaccinations, dental work, and setting fractures.

Food animal veterinarians work with farm animals such as pigs, cattle, and sheep, which are raised to be food sources. They spend their time visiting farms and ranches to treat ill and injured animals and to test for and vaccinate against disease. They may advise farm owners or managers about feeding, housing, and general health practices.

Food safety and inspection veterinarians inspect and test livestock and animal products for major animal diseases. They also provide vaccines to treat animals, enhance animal welfare, conduct research to improve animal health, and enforce government food safety regulations. They design and administer animal and public health programs to prevent and control diseases transmissible among animals and between animals and people.



Pay

- percent earned more than \$165,600.
- industries in which they worked were as follows:
- **Veterinary services**
- Social advocacy organi
- Government

Job Outlook

- occupations or exit the labor force, such as to retire.

The median annual wage for veterinarians was \$100,370 in May 2021. The median wage is the wage at which half the workers in an occupation earned more than that amount, and half earned less. The lowest 10 percent earned less than \$60,760, and the highest 10

In May 2021, the median annual wages for veterinarians in the top

	\$100,460
zations	99,340
	96,120

Educational services; state, local, and private 93,770

Most veterinarians work full time, often working more than 40 hours per week. Some work nights or weekends, and they may have to respond to emergencies outside of scheduled work hours.

Employment of veterinarians is projected to grow 19 percent from 2021 to 2031, much faster than the average for all occupations.

About 4,800 openings for veterinarians are projected each year, on average, over the decade. Many of those openings are expected to result from the need to replace workers who transfer to different



SMART is an acronym, giving criteria to guide in the setting of objectives, for example in project management, employee-performance management and personal development.

Often the term S.M.A.R.T. Goals and S.M.A.R.T. Objectives will surface. Although the acronym SMART generally stays the same, objectives and goals can differ. Goals/Dreams are the distinct purpose that is to be anticipated from aspiration of what you are looking to achieve overall. Objectives are the steps that you will take to achieve your Goals/Dreams

Specific

Your goals/Dreams should be clear and specific, otherwise you won't be able to focus your efforts or feel truly motivated to achieve it. When writing your goals/dreams, try to answer the five "W" questions: What do I want to accomplish? Why is this goal important? Who is involved? Where is it located? Which resources or limits are involved?

Measurable

It's important to have measurable goals/dreams, so that you can track your progress and stay motivated. Assessing progress helps you to stay focused, meet your deadlines, and feel the excitement of getting closer to achieving your goals/dreams. A measurable goal/dream should address questions such as: How much? How many? How will I know when it is accomplished?

Achievable

Your goals/dreams also needs to be realistic and attainable to be successful. In other words, it should stretch your abilities but still remain possible. When you set an achievable goal/dreams, you may be able to identify previously overlooked opportunities (Use the W.I.J.A.-SWOT Analysis Sheet to help you) or resources that can bring you closer to it.

An achievable goal will usually answer questions such as:

- How can I accomplish this goal?
- How realistic is the goal, based on other constraints, such as financial factors?

Relevant/Realistic

This step is about ensuring that your goals/dreams matters to you, and that it also aligns with other relevant goals/dream you may have. We all need support and assistance in achieving our goals, but it's important to retain control over them. So, make sure that your plans drive you forward, but that you're still responsible for achieving your own goal. A relevant goal can answer "yes" to these questions: Does this seem worthwhile? Is this the right time? Does this match our other efforts/needs? Am I the right person to reach this goal? Is it applicable in the current socio-economic environment?

Time-bound

Every goal/dream needs a target date, so that you have a deadline to focus on and something to work toward. This part of the SMART goal criteria helps to prevent everyday tasks from taking priority over your longer-term goals. A time-bound goal will usually answer these questions: When? What can I do six months from now? What can I do six weeks from now?

What can I do today?

15 Back to School Tips for the 2022-2023 **School Year**

1. Stay Ahead as Long as You Can

While starting new classes, remember that your attitude about this school year can impact your performance all year long.

It's a lot easier to earn an A if you do your best from the start instead of slacking off the first few weeks and having to play catch up the rest of the semester.

Mentally prepare yourself to put your best foot forward in the first half of the semester. Try to stay ahead if you can. You may be surprised by how far you'll go.

2. Create a Daily Routine and Stick to It

Put a finger down if you've ever woken up less than 15 minutes before heading out the door, leaving little to no time for getting ready, gathering your things, or eating breakfast. Put another finger down if you've ever been tardy.

We get it. Sometimes the alarm doesn't go off. But have you ever noticed that the anxiety that stems from being late or forgetting your homework can derail your entire day?

Developing a daily routine will keep you feeling refreshed and focused as you tackle your course load throughout the day. Your daily routine will vary depending on your grade level, school, extracurriculars, and any other commitments you.

3. Make a To-Do List

We recommend setting a list of goals for each day, month, and year. This todo list may include homework, chores, healthy habits, test prep, creative projects, goals, or other items you plan to accomplish during a specific time frame.

Research shows that when you write your goals down, you are 42 percent more likely to accomplish them. Start small by writing down your plans for each day and see if it helps boost your productivity.

Some of our students have found success in using the Bullet Journal method to develop their school planners. The Bullet Journal is a creative notebook organization system designed to help you stay on track and better measure your daily successes. It's also a lot of fun!

4. Keep Track of More Than Just Homework Deadlines As a high school student, you have a lot on your mind. That's why we recommend that you write down your deadlines all in one place.

In addition to homework due dates, your school planner should include your test prep schedule, upcoming test dates, extracurricular activities, and scholarship and college application deadlines (if you're a senior). Try writing things down, and if that doesn't work for you, explore free digital planning tools like Google Calendar, Apple Calendar, Trello, or other popular tools.

5. Create a Comfortable, Distraction-Free Study Space

Rummaging through a cluttered desk or overhearing your family members talking can easily break your focus. Find a quiet, clean space within your home to sit while studying or working on homework.

If complete silence is hard to find, use headphones to drown out any background noise.

If you lose focus easily, keep all distractions "out of sight and out of mind." This may involve placing your gaming console in a drawer, keeping pets in another room, or temporarily shutting off notifications for social media apps.

Another tip is to make sure you are comfortable. Avoid sitting on the couch or in bed as this may cause you to become sleepy or hold your body in uncomfortable and awkward positions.

We recommend sitting at a desk or your kitchen table. Grab a comfortable chair that provides adequate back and neck support to avoid discomfort.

If all else fails and you can't focus in your room, explore other options. Coffee shops, libraries, and empty fast-food restaurants with free WiFi can also serve as study spaces.

continued 15 Back to School Tips for the 2022-2023 School Year

6. Communicate Your Schedule with Family and Friends

Spending time and making memories with your people is important, especially since the high school years go by so fast! But it shouldn't take away from time spent working toward your college goals. Most of the time, your loved ones will understand if you have to focus on your homework before you can hang out.

7. Take Breaks

For some students, studying does not come easy. Sometimes we lack focus, even when we carve time out of our day for it. If this sounds like you, try to trick your mind by pairing this not-so-fun task with something you enjoy.

For every hour or so that you spend working on a task, give yourself a little break to do things you love. For example, if you spend an hour studying for an upcoming math test, give yourself a pat on the back by enjoying your favorite snack, taking a short walk, or watching an episode of your favorite show.

8. Stay Engaged by Participating and Asking Questions

When attending classes day-in and day-out, it can be challenging to stay engaged. Physically writing your notes can help you follow along and stay alert throughout class. And don't be afraid to speak up! Answering your teacher's questions will help you retain what you're learning, help you identify areas you need to spend more time on, and help your teacher and classmates remember you.

It's a lot easier to get an extension on a research paper or find partners for group projects if you've been present and participated throughout the class. Keep in mind, the more interactions you've had with a teacher, the more likely they'll be willing to write you a letter of recommendation for your college applications.

9. Ask for Help

Another benefit of getting to know your teachers is that you can go to them when you have trouble understanding a concept or need more direction on a school project or essay. If you're struggling, don't be afraid to ask for help! If you can't catch them after class, send an email, go see them before or after school, or schedule a time for you to work on a problem one-on-one.

10. Try to Socialize Every Day

A high school education should extend beyond academics. Knowing how to socialize and interact with others is an important skill that many colleges and employers look for in applicants.

11. Stay Involved

You probably already know that how you spend your time outside of school is an important component of your college application.

Many sports and student organizations like debate or drama club look for new participants each year. Our best advice here is to not be afraid to try something new! However, be mindful of your ability to juggle multiple commitments. It's okay to try lots of new extracurriculars your freshman year of high school. Remember that as your courses become more challenging, the time will come to decide which ones you like best.

12. Plan Ahead for the SAT®, ACT®, or PSAT Tests

While some colleges will not require a test score when submitting college applications for general admission, the vast majority will still look at them when reviewing college applications.

Colleges may still require test scores for many of the more selective aspects of the college admissions process, such as scholarships, in-state tuition, honors college placement, or admission to a competitive degree program. Keep in mind that some colleges, like MIT and Georgetown, have returned to requiring test scores.

13. Use Your Time Wisely

Time management is an important life skill that has an impact on high school and college performance. During these formative years, small acts like learning how to show up on time or planning so you can follow through with your commitments will give the discipline necessary to achieve goals throughout your life.

14. Find Healthy Ways to Manage Stress

The high school years are stressful. In a 2014 study by the American Psychological Association, teens on average reported that their stress level during the school year far exceeds what they believe to be healthy. In 2020, the same organization reported that nearly half of teenagers said that COVID-19 made them feel like it's impossible to plan for the future.

15. Explore Potential Majors and Career Paths

It seems unfair to force students to decide what they'll do for the rest of their lives when there's still so much left to learn about the world. However, the college and job system tends to reward students who have matured enough to make this decision at 17 or 18 years old. For example, competitive degree programs and career-specific scholarships want to know that you've decided on a college major.











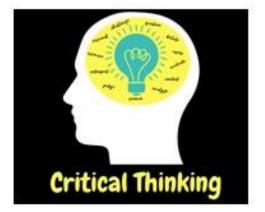
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6 College Recruiting Outlook for 2022 Stewart Mease Executive Director, Employer Relations Wake Forest University

Entering 2022, the outlook for college graduates is as murky as it was in 2020 as the emergence of the omicron variant wreaks havoc to on-campus recruiting and threatens to stall a vibrant economy.

Nearly two years of virtual recruiting is completely changing how companies recruit college talent, and how career centers must adjust their programming and educational strategies to maximize outcomes for its students.

As virtual recruiting persists due to Covid coupled with cost and time savings, vendors (such as Handshake) are encouraging virtual events on their platform by connecting schools to create multi-school events. On-campus recruiting is becoming a relic of the past decade. Consider Handshake's claim that in 2019 78% of events were school-hosted compared to 47% in 2021.

Changes presents Challenges

This switch does have challenges for schools. First, many top tier schools that have leaned on target-school status by name-brand companies, are now facing greater competition from other schools to retain their market share. Employers have realized that through virtual recruiting, they can cast a wider net on Handshake and reach many more students they never were touching through the target school model. Second-tier schools, by simply being a Handshake-platform school, are now able to access opportunities that were before out of reach for their students. These students can now compete for opportunities once found only at top-tier schools simply by a concentrated effort to participate in open virtual recruiting events. Collectively, students at these schools are gaining market share with name-brand firms. Meanwhile, students at top-tier schools must compete virtually to retain opportunities that have been commonly available on their local campuses, as well as obtain new opportunities to offset the loss of market share. This shift will likely result in a "long tail" of companies, as more firms will hire a fewer number of students than what previously occurred. As a result, career centers must shift the content of their educational programs, alter their coaching techniques, and connect their students in new ways to the market.

Consider the following analogy. If a brick-and-mortar store stayed closed for two years and during that time started selling their product online, would anyone visit the brick-and-mortar store two years later? Why would a physical store exist if the same product can be bought and sold with less overhead? The question is will the same volume of product be bought or sold without a physical location by customers? Perhaps, but it will require different marketing and selling activities. Paid and organic search becomes more important instead of newspaper ads and sidewalk billboards. So is the case with college recruiting. No longer is a tailored suit, shaking hands and working a room the focus rather it's being able to "present in a box" and understanding how to use Handshake technology. Career centers will have to pivot to stay open for business.

Data Insights

One positive trend from virtual recruiting is now all activities are online and therefore measurable. These datasets can now provide never-seen-before insights on the actions of students in their pursuit of employment opportunities. This data, visualized and analyzed, can provide a roadmap for all constituents to create more market equilibrium and efficient uses of time in the job search process.

Data analysis has discovered some interesting insights. From July 1 to December 15, the year-over-year change in Total Applications to postings in the Handshake system increased 15%, and the number of unique student applicants also increased 18%. While these increases are encouraging, it pales into comparison to the increase in total postings - 103% or 56,618 during the same time period. These postings were generated from 8,548 unique employers - a 66% increase. What's most striking is that only 10% of the total opportunities available to students in the Handshake system had at least one application. Thus, 90% of all postings did not attract a single applicant.



Education Series

"Teachers can open the door, but you must enter it yourself." —Chinese proverb



2022 Dream Journal

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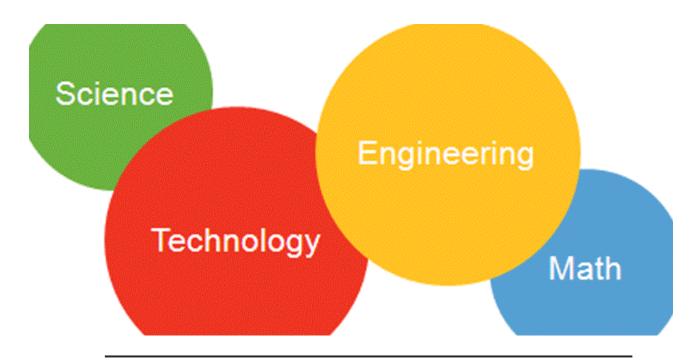
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Are you capturing each moment of your greatness?



What is STEM Education?

Elaine J. Hom, LiveScience Contributor



STEM is a curriculum based on the idea of educating students in four specific disciplines — science, technology, engineering and mathematics — in an interdisciplinary and applied approach. Rather than teach the four disciplines as separate and discrete subjects, STEM integrates them into a cohesive learning paradigm based on real-world applications.

Though the United States has historically been a leader in these fields, fewer students have been focusing on these topics recently. According to the U.S. Department of Education, only 16 percent of high school students are interested in a STEM career and have proven a proficiency in mathematics. Currently, nearly 28 percent of high school freshmen declare an interest in a STEM-related field, a department website says, but 57 percent of these students will lose interest by the time they graduate from high school.

As a result, the Obama administration announced the 2009 "Educate to Innovate" campaign to motivate and inspire students to excel in STEM subjects.

This campaign also addresses the inadequate number of teachers skilled to educate in these subjects. The goal is to get American students from the middle of the pack in science and math to the top of the pack in the international arena.

STEM jobs do not all require higher education or even a college degree. Less than half of entry-level STEM jobs require a bachelor's degree or higher. However, a four-year degree is incredibly helpful with salary — the average advertised starting salary for entry-level STEM jobs with a bachelor's requirement was 26 percent higher than jobs in the non-STEM fields, according to the STEMconnect report. For every job posting for a bachelor's degree recipient in a non-STEM field, there were 2.5 entry-level job postings for a bachelor's degree recipient in a STEM field.

Much of the STEM curriculum is aimed toward



attracting underrepresented populations. Female students, for example, are significantly less likely to pursue a college major or career. Though this is nothing new, the gap is

increasing at a significant rate. Male students are also more likely to pursue engineering and technology fields, while female students prefer science fields, like biology, chemistry, and marine biology. Overall, male students are three times more likely to be interested in pursuing a STEM career, the STEM connect report said.

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10 pieces of advice for high school graduates

1. Find a mentor

Consider finding a mentor who's willing to guide you and give you advice. This might be a teacher, coach, manager, family member or friend. Find someone you admire who has a career that interests you and can offer you both general advice and career advice. For example, if you want to pursue biology, then you might ask your high school biology teacher to mentor you.

2. Identify your interests

Identifying your interests can help you discover what career you want to pursue. Try writing a list of all your interests, then research careers that align with them. Researching jobs can help you decide if the typical job duties for these positions interest you. For instance, if you enjoy animals, biology and medicine, you might consider becoming a veterinarian or a veterinary technician.

3. Choose a job you like

Try to choose a job you like or a job that makes you happy. It's important to choose a desirable career path so you feel satisfied with your work. You can research job positions or consider talking to a career counselor to help you find and pursue a fulfilling career.

4. Pursue your ambitions

Pursuing your ambitions might include choosing what college you want to attend, what degree you want to pursue or where you want to live after graduating from high school. Following your ambitions involves taking the necessary steps to achieve your goals, such as completing educational certifications or internships in your intended field. For example, if you want to become a construction worker, you might try to get an apprenticeship or earn specialty certifications.

5. Try different things

Trying different things is an essential part of life after graduation because it helps you learn Working hard can show employers you're about your likes, dislikes and talents. Consider dedicated. If you go to college, work hard in trying new hobbies, classes, foods or skills. your classes by completing your assignments This can be especially valuable if you're unsure on time and studying for tests. If you pursue a of what you want to do after high school. For career after high school, try to meet your instance, if you decide to try cooking as a quotas and complete all your weekly tasks. hobby, you might discover you want to pursue Working hard involves giving yourself goals, a career as a chef. breaks and motivation. For example, if you're working on multiple projects at once, it may be beneficial to take breaks to help you stay Consider volunteering with local productive in the long term

6. Get involved

organizations, attending community events or participating in clubs. Getting involved in your 9. Form relationships community can help you experience new things Try to make relationships with the people you and meet people, which may broaden your meet after graduating from high school. This experiences and help you find job could include new coworkers, friends, opportunities. For example, you might connect managers or professors. For example, you with someone in your community who informs might consider meeting with coworkers outside you about an interesting job listing or of work to develop your relationships with internship position. You can also include this them. Maintaining these relationships can volunteer work or a club membership on your help you develop interpersonal and resume to potentially make it more attractive communication skills and may lead to new to employers. opportunities, such as jobs or internships.

7. Ask for help

Pursuing a new educational or career path after graduation may be challenging but asking for support can help you find solutions. You can ask mentors, teachers, professors or family members for career and educational advice or tips. For example, if you're struggling with a class, you might ask your professor for additional help so you can learn study tips and perform better on tests.

8. Work hard

10. Create a schedule

Try to create a schedule for yourself because many careers require consistent work hours. For example, you might manage your time by going to bed and waking up at the same time each day. Having a schedule can improve your productivity and help you build healthy habits. Schedules can also help you be punctual to work or classes and help you meet important deadlines.

What does your ideas reflect about you?





What If? Just A.S.K. The Magazine

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