



# *What If? Just A.S.K.*

The Magazine

- The Philosophy– PAGE 3
- Skills– PAGE 6
- Occupation Spotlight– PAGE 8

• Spring 2020

# What If? Just A.S.K.

Spring [2020]

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### *The Philosophy*

**1** An understanding of the principles behind What If? Just A.S.K.

### *Key Skills*

**2** Time Management Skills for High School Students. How are your time management skills?.

### *Occupational Spotlight*

**3** New section that will spotlight different occupations. This issue spotlights the occupation of a **Cosmetologist.**

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# 1 | The Philosophy

Rodney D. 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 yourself...

“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.

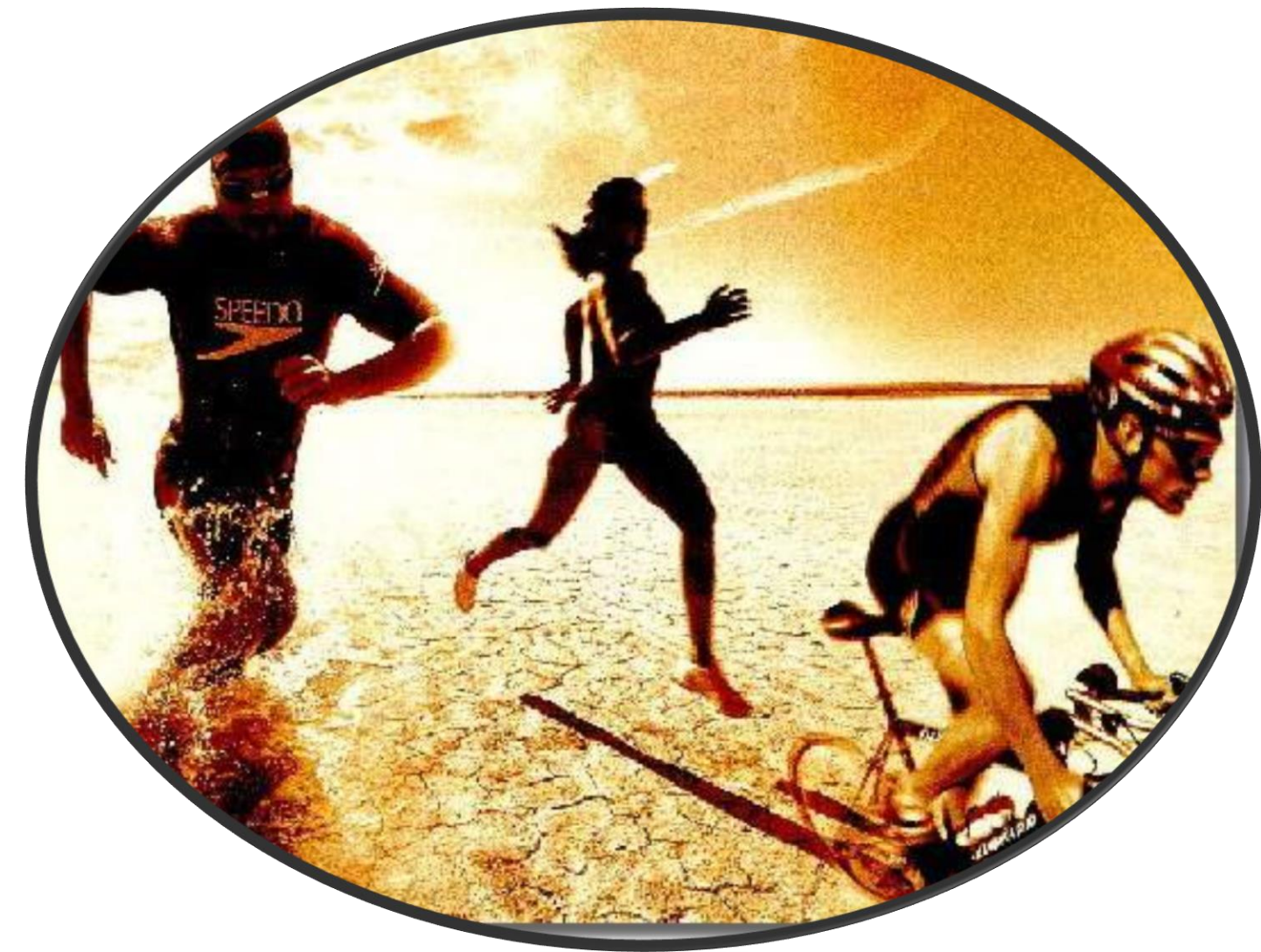
## **Know and Believe In Your Abilities**

If you do not know and understand your abilities, then no one else will. No one knows 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 re-evaluate 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!



Founders Rodney D. Brooks and Breanne E. Brooks



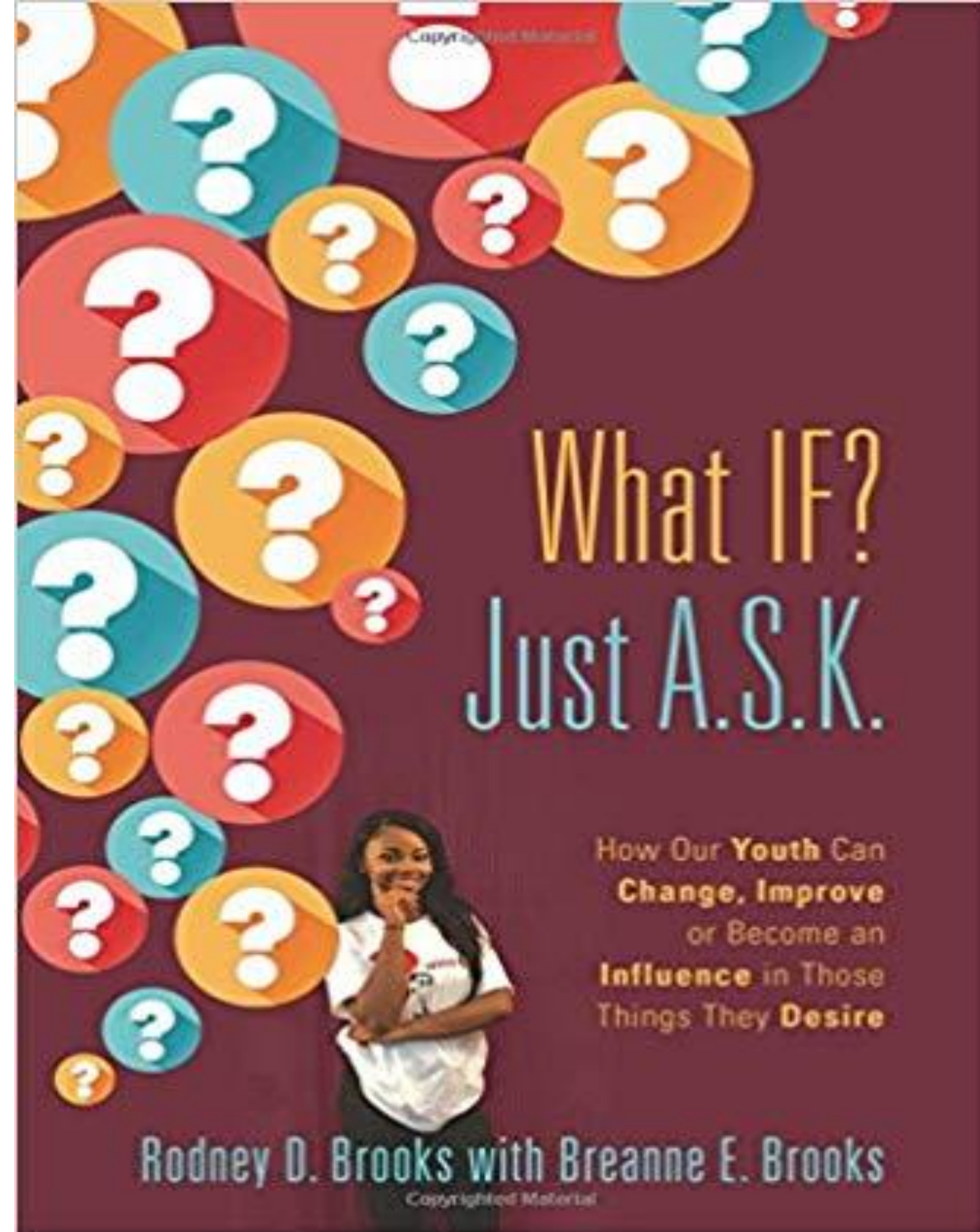
*Being the  
Best  
requires  
that I do  
my Best!!!*



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# 2 Time Management Skills for High School Students

Author: Matt



## Using time effectively for studying

The time management skills emphasized in this article provide high school students with recommendations for improving their work schedule. The recommendations are flexible and are meant to help students achieve short as well as long term time management goals.

### Being more efficient

- **Plan for school and work the night before.** What needs to be packed for school the next day and what outstanding homework or assignments that will need to be completed after school.
- **Prioritize work.** Make a list of all work, assignments and exams that are due in order of priority and attach the list to the schedule described below. Check or cross off each one as you complete them. Add to the list as you go along – this will become your master list.

**Make achievable goals.** All goals should be SMART goals:

- S = specific (e.g. “I will start on my English assignment this afternoon and complete the first 3 paragraphs today”)
- M = measurable (e.g. “My 3 paragraphs should be at least one page long”)
- A = achievable
- R = realistic
- T = timely
- The specific goal of completing 3 paragraphs of the English assignment must be attainable, realistic and timely.

• **Do not procrastinate.** It is very tempting to delay starting work. Most of us are procrastinators. One suggestion that could help is to tackle the worst item on your list. When you complete the work, reward yourself.

### Making the schedule

Time management skills include the ability to make a flexible schedule – one that allows a student some room to do a “catch up” session if the student falls behind in planned work. A schedule for high school students should include:

- sporting and other activity commitments
- weekend commitments

- time to relax and unwind
- time for studying and working
- time for catch up studies or assignments.

High school students usually need to spend anywhere between one to three hours on homework and assignments during school days and the weekends.

**Write this schedule down on a small note card and attach the master homework and assignment list to the card. Carry the card with you in your pocket or bag all the time and update the master homework and assignment list if necessary.**

The schedule should look something like this:


**7:00 am to 4:00 pm:** school (including time taken to prepare for school, travelling time and so on)

**4:00 to 5:00 pm:** sports

Continued on page 8



## Getting Started With Time Management

A large school of fish swimming in the ocean, with a diver visible in the lower left corner.

The best that you can  
give is the best that you  
have to offer which is  
more abundant than you  
may realize.

*Author Rodney D. Brooks*

<https://www.whatifjustask.com>



## Time Management Skills for High School Students continued

**5:00 to 6:00 pm:** free time

**6:00 to 7:00 pm:** study time period 1 (reserved for work which has been prioritized by you in your master list)

**7:00 to 7:30 pm:** dinner

**7:30 to 8:30 pm:** study time period 2

**8:30 to 9:30 pm:** free time

**9:30 pm:** sleep

This schedule provides 2 hours of study time and time for bed at a reasonable hour – 9.30 pm. High school students may need more or less study time depending on their school and whether exams are looming or otherwise.

# 3 Occupational Spotlight What is a Cosmetologist.?

Cosmetology) is the study and application of beauty treatment. Branches of specialty include hairstyling, skin care, cosmetics, manicures/pedicures, non-permanent hair removal such as waxing and sugaring, and permanent hair removal processes such as electrolysis and intense pulsed light (IPL). Cosmetologists are also responsible for cleaning and maintaining hair and skin care tools, keeping inventory of hair and skin products, scheduling appointments, processing client payments, and demonstrating the use of products. Cosmetologists often work for beauty salons and resorts, but many are self-employed.



**COSMETOLOGY**  
Cutting Edge Styles



## Occupational Spotlight continued

### Duties and Responsibilities

#### Cosmetology Duties & Responsibilities

Many of the associated duties of hair stylists, barbers, and estheticians are the same, but some are unique to their exact profession. Overall, most include:

- Shampoo, cut, style, color, curl, or straighten hair.
- Provide clients with information about what styles and colors are best for them based on their hair's texture, condition, color, and their complexion.
- Shave beards and perform facials.
- Use cosmetics to enhance or change an actor's or performer's appearance.
- Treat peoples' skin, evaluating skin condition and applying treatments after discussing alternatives.

Some states allow barbers to apply color, and to bleach and use chemicals to straighten or curl hair.



### Job Requirements

- **Education:** A high school diploma might be required for some positions.
- **Training:** You must complete a state-approved barber or cosmetology program lasting at least nine months to become a hairstylist. Barbers must also attend a barber training program. A makeup artist usually attends cosmetology school for several months to a year. Estheticians must complete a two-year training program that has been approved by the state in which they want to work.
- **Licensure:** Every state in the U.S. requires that hairstylists be licensed. Barbers must also get state-issued licenses. You can get a barbering license by completing cosmetology school in some states, but in others, you must get specific training for barbering. Some states combine barbering and cosmetology licenses. Licensing requirements for makeup artists can vary considerably by state, but most do require that estheticians be licensed as well.

### Job Outlook

- As long as there are people, people will want to look their best. The U.S. Bureau of Labor Statistics expects employment in cosmetology careers to grow faster than the average for all occupations between 2016 and 2026, by about 13%.



# 4 The Importance of Good Organization Skills



Super organizers are easy to spot at business meetings: they're the ones who check their electronic organizer and, if you really want to know, can tell you exactly what appointments they had yesterday, what assignments they have due today (and at what time) and what's on tap for tomorrow. They prefer to stay focused on one task at a time, and have always viewed the trend toward multitasking as one of the most misguided of concepts.

These “uber organizers” make setting priorities look effortless but, in truth, it took time, commitment and discipline to hone their organizational skills. Nobody is a “born organizer;” it's an acquired skill, and one that requires steady nurturing. This should come as good news to disorganized small business owners, especially when you consider that 10 dividends can flow directly from this one powerhouse ability.

## **Organization Breeds Focus**

When you know exactly what you should spend your time doing, you're more likely to focus on that task with precision and clarity. Distractions, although irksome, serve to elongate most tasks. For this reason, people with good organizational skills tend to be “single-taskers,” rather than multitaskers.

## **Organization Breeds Productivity**

This isn't a math equation, but it could be: prioritizing + focus = greater productivity. Good organizational skills naturally feed productivity, enabling small business owners to cross off more items from their to-do lists

## **Organization Breeds Efficiency**

Call it “time management,” if you prefer that term to that of “efficiency,” but since organized people have developed many good habits, they tend to “work smarter.” Small business owners may decry that they “never have enough time in the day.” But organized small business owners know how to make the most of the time that they do have on the clock.

## **Organization Breeds Goal Attainment**

Many small business owners are natural goal setters, always thinking ahead to what they want to accomplish today, tomorrow, next week, next month and beyond. People with good organizational skills are in a much better position to attain these goals.

## **Organization Breeds Deadline Accuracy**

Good organizational skills do not dispense with the need for rushing; everybody rushes. But an organized business owner is more likely to finish that new client proposal or polish that weekend speech on time.

Often, organization means the difference between finishing a task in a timely manner (even if it means rushing) and needing a new deadline.

## **Organization Breeds Freedom From Panic**

It's called “chaos” – that running-by-the-seat-of-the-pants feeling that many people try to conceal from others. It's often triggered by “technical difficulties” such as misplaced papers, lost contact information, forgotten meeting times and missed conference calls. Highly organized people are all about eliminating technical difficulties from their lives, because they know the problems that can ensue.

One important side note: organized people are not necessarily neat people. So says Julie Morgenstern, who wrote “Organizing from the Inside Out.” She told the Business Insider: “Being organized is not about being neat. You can be messy and organized, and you can be neat and disorganized.”

## **Organization Breeds Professionalism**

It's a natural surrogate of organization: an improved professional image. Although it's nice to think that people are forgiving of a harried, disorganized business owner that can never seem to show up to a meeting on time with all the documentation he needs - the reality is that an organized person never has to worry about leaving a sloppy impression.

The calm, assured professional demeanor that he projects is the real deal.

# The Importance of Good Organization Skills - Continued

## Organization Breeds Relief from Stress

Small business owners can no more avoid stress than they can add hours to the day. Stress comes with the responsibility of owning a small business.

An organized business owner can significantly ratchet down the stress by eliminating the natural stressors that accompany a disorganized, disconnected and yes, sometimes, dysfunctional work life.

## Organization Breeds Balance

Balance is seldom a 50-50 proposition. It may not even be 60-40 or 70-30. But an organized person is more likely to enjoy a work-life balance. How she defines balance is beside the point; it's the ability to enjoy pursuits away from the workplace that matter

## Organization Breeds Confidence

Most adults know that good things spring from confidence, including energy, enthusiasm, determination and a positive attitude. It may sound esoteric, but because organized people often feel better about themselves – they control their work life; their work life doesn't control them.

Additionally, highly organized people often reap “professional endorphins” that can create a beguiling recursive benefit stream



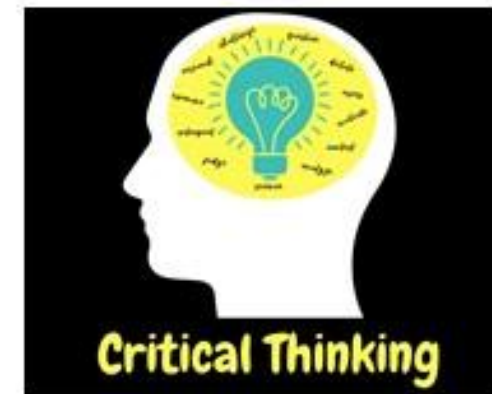
“If you cannot do great things, do small things in a great way.”

- Napoleon Hill

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# 5 Take Charge of Your Health: A Guide for Teenagers

What can I do to get more fit?

Any type of regular, physical activity can improve your fitness and your health. The most important thing is that you keep moving!

Exercise should be a regular part of your day, like brushing your teeth, eating, and sleeping. It can be in gym class, joining a sports team, or working out on your own. Keep the following tips in mind:

Stay positive and have fun. A good mental attitude is important. Find an activity that you think is fun. You are more likely to keep with it if you choose something you like. A lot of people find it's more fun to exercise with someone else, so see if you can find a friend or family member to be active with you.

Take it one step at a time. Small changes can add up to better fitness. For example, walk or ride your bike to school or to a friend's house instead of getting a ride. Get on or off the bus several blocks away and walk the rest of the way. Use the stairs instead of taking the elevator or escalator.

Get your heart pumping. Whatever you choose, make sure it includes aerobic activity that makes you breathe harder and increases your heart rate. This is the best type of exercise because it increases your fitness level and makes your heart and lungs work better. It also burns off body fat. Examples of aerobic activities are basketball, running, or swimming.

Don't forget to warm up with some easy exercises or mild stretching before you do any physical activity. This warms your muscles up and may help protect against injury. Stretching makes your muscles and joints more flexible too. It is also important to stretch out after you exercise to cool down your muscles.

Your goal should be to do some type of exercise every day. It is best to do some kind of aerobic activity without stopping for at least 20 to 30 minutes each time. Do the activity as often as possible, but don't exercise to the point of pain.

## A Healthy Lifestyle

In addition to exercise, making just a few other changes in your life can help keep you healthy, such as


- Watch less TV or spend less time playing computer or video games. (Use this time to exercise instead!) Or exercise while watching TV (for example, sit on the floor and do sit-ups and stretches; use hand weights; or use a stationary bike, treadmill, or stair climber).
- Eat 3 healthy meals a day, including at least 4 servings of fruits, 5 servings of vegetables, and 4 servings of dairy products.
- Make sure you drink plenty of fluids before, during, and after any exercise (water is best but flavored sports drinks can be used if they do not contain a lot of sugar). This will help replace what you lose when you sweat.
- Stop drinking or drink fewer regular soft drinks.
- Eat less junk food and fast food. (They're often full of fat, cholesterol, salt, and sugar.)
- Get 9 to 10 hours of sleep every night.
- Don't smoke cigarettes, drink alcohol, or do drugs.





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A dramatic landscape featuring a large, dark volcano in the background with a bright, glowing light source at its peak. In the foreground, a waterfall cascades down a rocky ledge. The overall scene is bathed in a warm, orange and yellow light, suggesting a sunset or sunrise. The text is overlaid in white, centered on the image.

Zeal - great energy or  
enthusiasm in pursuit of a  
cause or an objective

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# 6 The Tools



## W.I.J.A Websites

The What if? Just A.S.K. websites are critical components to the delivery of key information to our youth. We have the luxury of three domains: What If? Just A.S.K.com, BBV2MLLC-What if? And What if 2bachristian.com. Our website offer our key development information, scholarship resource information, community information, critical thinking skill information, as well the latest in popular trends. A component to the website is the W.I.?J.A.NNECT Board which gives you one stop shopping as you evaluate your career whether is college, community work, job opportunities, military or trades schools. It has you covered.

<https://www.whatifjustask.com>

<http://www.wija-2bachristian.com>

## What If? Just A.S.K. Tool Kit APP

The content of the toolkit app supports the various topics that were discussed in the book “What If? Just A.S.K. How our youth can Changes, Improve and Influence those things that they desire.” The goal of the Tool Kit like the book is designed to teach and help our youth in their critical thinking skills as they seek to go after their dreams and goals. Key tools include: ·

What if Pledge Form ·

A.S.K. Worksheet ·

College Checklist ·

Building Your Personal Brand ·  
Community Volunteer Assessment  
Worksheet Career Interest Survey ·

Choosing a Career

Dignity & Respect Checklist ·

W.I.?J.A. Definition (Over 300 Career and  
Practical definitions) ·

A.S.K. Gap Assessment Sheet ·

Financial Resources Gap Closure  
worksheet ·

Dream Form ·

Dream Pursuit Plan

### GET THE WHAT IF? JUST A.S.K. TOOL KIT APP

The new What If? Just A.S.K. Tool Kit is now available. A worth while investment to kick start your career and achieve your goals.

A photograph of a running track in a rural setting. The track is dark with white lane markings and numbers 3, 4, 5, and 6 are visible in the foreground. The background shows rolling green hills under a hazy sky.

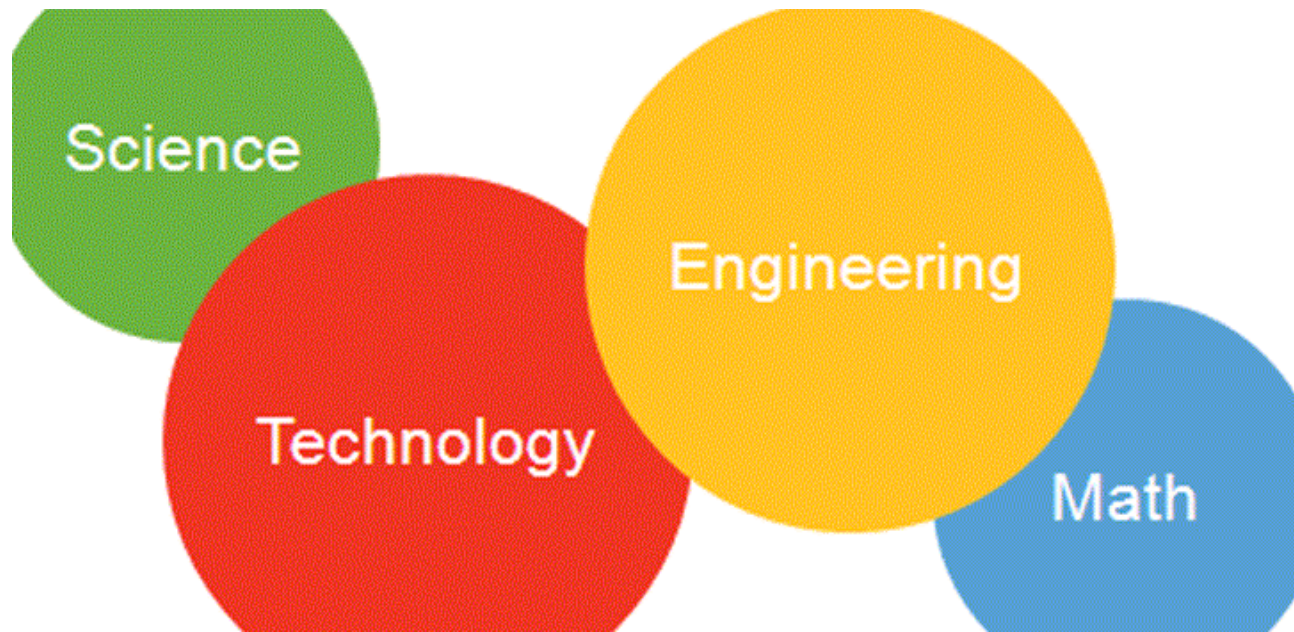
Quitters don't give up; mentally  
they never planned to finish.

*Author Rodney D. Brooks*

<https://www.whatifjustask.com>

# 7 | 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.

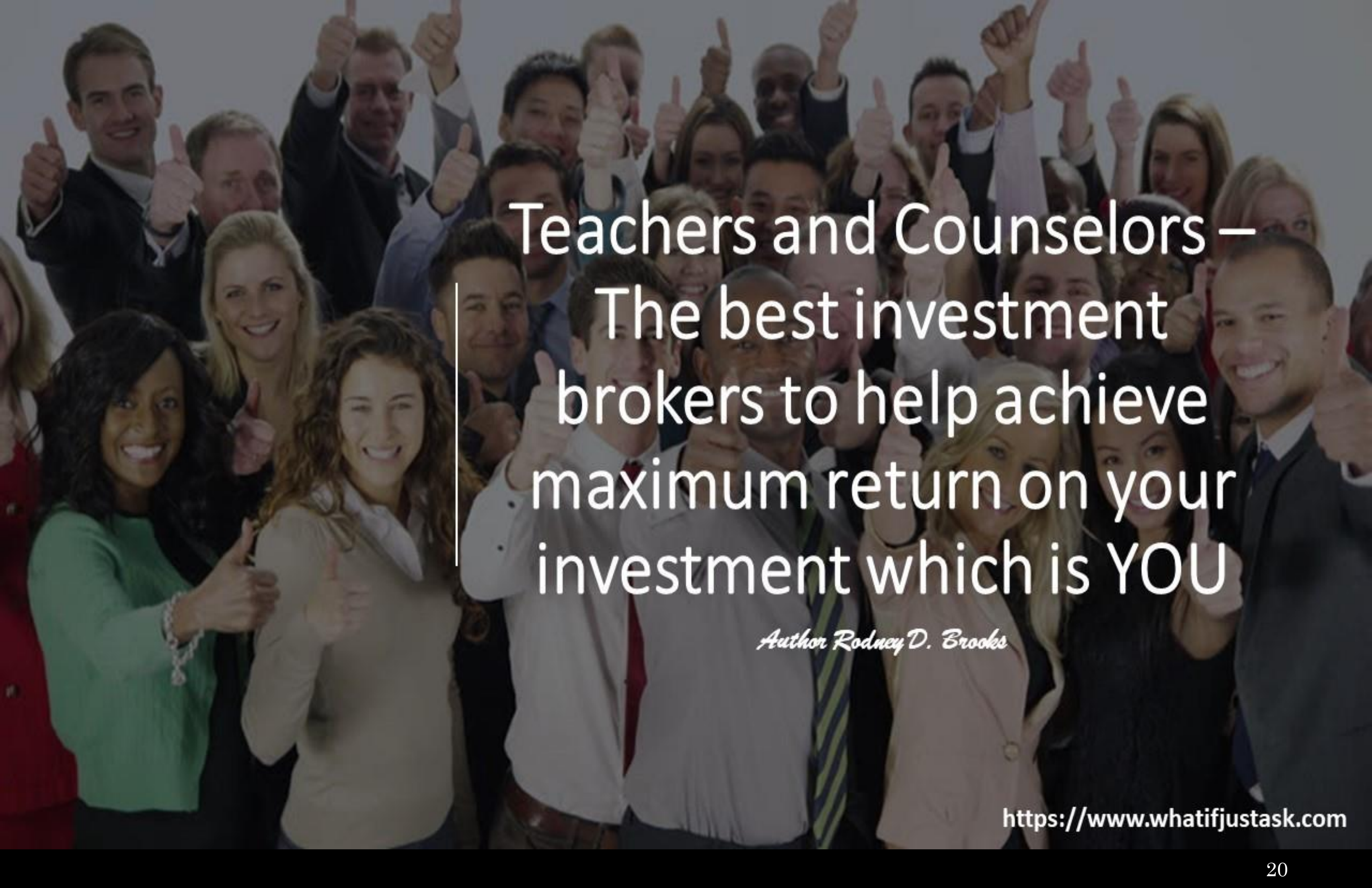
This campaign also addresses the inadequate number of teachers skilled to educate in these subjects. The goal is to get American students from the middle of the pack in science and math to the top of the pack in the international arena.

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 STEMconnect report said.



A large, diverse group of smiling people in business attire giving thumbs up. The image is overlaid with a semi-transparent dark grey filter. The text is centered and reads: Teachers and Counselors – The best investment brokers to help achieve maximum return on your investment which is YOU.

Teachers and Counselors –  
The best investment  
brokers to help achieve  
maximum return on your  
investment which is YOU

*Author Rodney D. Brooks*

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# 8 What Are the Branches of the U.S. Military?



What is the military? In simple terms, the U.S. Armed Forces are made up of the six military branches: Air Force, Army, Coast Guard, Marine Corps, Navy and, most recently, Space Force.

There are three general categories of military people: active duty (full-time soldiers and sailors), reserve & guard forces (usually work a civilian job, but can be called to full-time military duty), and veterans and retirees (past members of the military). And of course there are the millions of family members and friends of military members, past and present.

But you're here to learn more about the military. There is much to learn! So first the basics.

Who Is In Charge of the 6 Military Branches?

The President of the United States is the Commander in Chief, who is responsible for all final decisions. The Secretary of the Department of Defense (DoD) has control over the military and each branch -- except the Coast Guard, which is under the Dept. of Homeland Security.

With over 2 million civilian and military employees, the DoD is the world's largest "company."

What are the Branches of the Military?

Each branch of the military has a unique mission within the overall mission of U.S. security and peace. In addition to the six branches of the military, the Army and Air National Guards also serve their own special functions. Here's a rundown:

## **Air Force and Air Force Reserve:**

The nation's source of air and space power. The primary mission of the USAF is to fly planes, helicopters, and satellites.

## **Air National Guard:**

The Air National Guard as we know it today is a separate reserve component of the United States Air Force.

## **Army and Army Reserve:**

The dominant land power. The Army generally moves in to an area, secures it, and instills order and values before it leaves. It also guards U.S. installations and properties throughout the world.

## **Army National Guard:**

The Army National Guard is an elite group of warriors who dedicate a portion of their time to serving their nation. Each state has its own Guard, as required by the Constitution; in fact, it is the only branch of the military whose existence is actually required by the Constitution.

## **Coast Guard and Coast Guard Reserve:**

The Coast Guard's mission is primarily with domestic waterways. The Coast Guard does

rescues, law enforcement, drug prevention, and clears waterways.

## **Marine Corps and Marine Corps Reserve:**

The Marine Corps is known as the U.S.' rapid-reaction force. They are trained to fight by sea and land, and usually are the first "boots on the ground." Marines are known as the world's fiercest warriors.

## **Navy and Navy Reserve:**

The Navy accomplishes its missions primarily by sea, but also by air and land. It secures and protects the oceans around the world to create peace and stability, making the seas safe for travel and trade.

## **Space Force**

The newest branch of the military, the U.S. Space Force was signed into law in December, 2019. The Space Force currently does not have a reserve component. The sixth branch of the military, the Space Force is also still in development and will be for some time as many final decisions are made, including uniforms, basing and even recruitment.

Where are all these Military men and women stationed?

The U.S. operates in over 100 countries, including the U.K., Germany, Italy, Bahrain, Brazil, South Korea, Australia, Afghanistan, Iraq and Japan, just to name a few.

Interested in Joining the Military?

We can put you in touch with recruiters from the different military branches. Learn about the benefits of serving your country, paying for school, military career paths, and more: sign up now and hear from a recruiter near you.



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

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