



What If? Just A.S.K.

The Magazine

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• *Fall 2019*

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What If? Just A.S.K.

Fall [2019]

1

The Philosophy

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

2

Your Best

What does it mean to do your best? Do you have the necessary tools to do your best?

3

Occupational Spotlight

New section that will spotlight different occupations. This issue spotlights the occupation of a Chef.

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

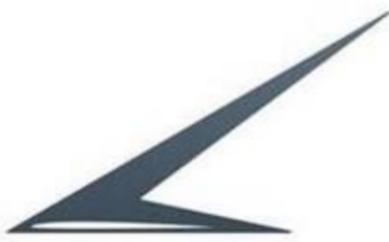
believing in your abilities also helps you to improve on those abilities. It pushes you to be the best that you can be and it drives honesty within yourself. No one automatically has all the skills to reach their dreams or make the changes that they desire. It takes work, hard work. That work starts 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!!!*



W.I.? J.A.-nnect
Career Center



One Stop Connection

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

2 What does it mean to do your best?

Peter Anthony Gales



What does it mean to do your best?

Seems like an odd question to ask. The answer is, well ... do your best; give it everything you've got. What does that mean, everything you've got?

I hear people say they gave it 100%, and others say that they gave 200%. Hmmm. Makes me wonder if they have any idea what percentages mean.

All through my life I've heard people tell me to do my best, or try my best. *Always do your best* is even the fourth agreement in Don Miguel Ruiz' "The Four Agreements".

It's hard to argue with "Do your best," but it's not enough to simply say "Do your best," and assume that people will know what it means. In fact the common understanding shared by most people about "Do Your Best" is weak and incomplete and leads to frustration and failure, which in turn leads to apathy because many people come to learn – incorrectly – that their best is not good enough.

What is the Common Understandings of Doing Your Best?

There are two elements:

Doing your best means being sincere about wanting to

We assume that being sincere about getting an intended result is a necessary condition of doing your best. In other words you must really want to get an intended result and you must be truthful about your intent to apply the second component of doing your best i.e. giving it your full energy.

Doing your best means giving it your full energy

The second common understanding of doing your best is to give your full energy. We assume that you must be sincere in your intent to give your full energy and that you actually do. The only criteria for giving your full energy

seems to be that you try every avenue you can think of until you succeed or that you are very tired when you eventually give up. "I tried my best/I did all I could/I tried everything I could think of ... (pant, pant)."

This common understanding of what it means to do your best is weak and incomplete and without a strong framework for doing your best can lead to the only real failure i.e. failure that results in no learning.

We need a more robust understanding of "Do your best"

To get ahead in the 21st century you must leave behind common understandings of doing your best and take on a more sophisticated and rigorous view which includes knowing how to:

Continued on page 8



An elephant is shown in profile, balancing on a beach ball on a sandy beach. The elephant's right front leg is raised and bent, and its right back leg is also raised and bent, as if it is struggling to maintain its balance. The beach ball is white with yellow, blue, and red segments. The background shows a calm ocean and a clear blue sky with some light clouds. The text "The Balance to achieve success without failure is a difficult one." is overlaid in white, sans-serif font across the middle of the image.

The Balance to achieve success
without failure is a difficult one.

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3

Occupational Spotlight What is a Chef?

A chef is a trained professional cook and tradesman who is proficient in all aspects of food preparation, often focusing on a particular cuisine. The word "chef" is derived from the term chef de cuisine, the director or head of a kitchen. Chefs can receive formal training from an institution, as well as by apprenticing with an experienced chef. Chefs cook meals, create menus, and oversee kitchen staff in restaurants. Chefs are in charge of planning menus and creating meals in restaurants and a variety of other settings. The typical job duties of chefs also depend on the specific kitchen and what kind of support team a chef has to work with. According to the College Board (www.collegeboard.com), sous, pastry, and cuisine chefs do the cooking, while executive chefs primarily plan menus and supervise the kitchen staff.

What does it mean to do your best? continued

- specify conditions of satisfaction
- determine requirements to fulfill intended situations
- assess available competencies and resources
- fill gaps between requirements and availabilities
- recover from breakdowns
- ask for help and when to ask for help
- declare completion – including quitting – and when to declare completion
- prepare yourself to do your best – consider that Roger Federer, Tiger Woods, Kobe Bryant, etc. are continually spending their time practicing to do their best.
- know when to not even try

If you thought doing your best was hard, you were right. But it's not brute force hard, it's more like practice hard.



4 Critical Thinking Skills



What is Critical Thinking? It is the objective analysis and evaluation of an issue in order to form a judgment. Someone with critical thinking skills is able to do the following :

- understand the logical connections between ideas
- identify, construct and evaluate arguments
- detect inconsistencies and common mistakes in reasoning
- solve problems systematically
- identify the relevance and importance of ideas
- reflect on the justification of one's own beliefs and values

People who use critical thinking are the ones who say things such as, 'How do you know that? Is this conclusion based on evidence or gut feelings?' and 'Are there alternative possibilities when given new pieces of information?'

Here are the top five:

1. Analytical
2. Communication
3. Creativity
4. Open-Minded
5. Problem Solving

Analytical

Part of thinking critical is the ability to carefully examine something, whether it is a problem, a set of data, or a text. People with analytical skills can examine information, and then understand what it means, and what it represents.

Communication

Often, you will need to share your conclusions with your employers or with a group of colleagues. You need to be able to communicate with others to share your ideas effectively. You might also need to engage in critical thinking with a group. In this case, you will need to work with others and communicate effectively to figure out solutions to complex problems.

Creativity

Critical thinking often involves some level of creativity. You might need to spot patterns in the information you are looking at or come up with a solution that no one else has thought of before. All of this involves a creative eye.

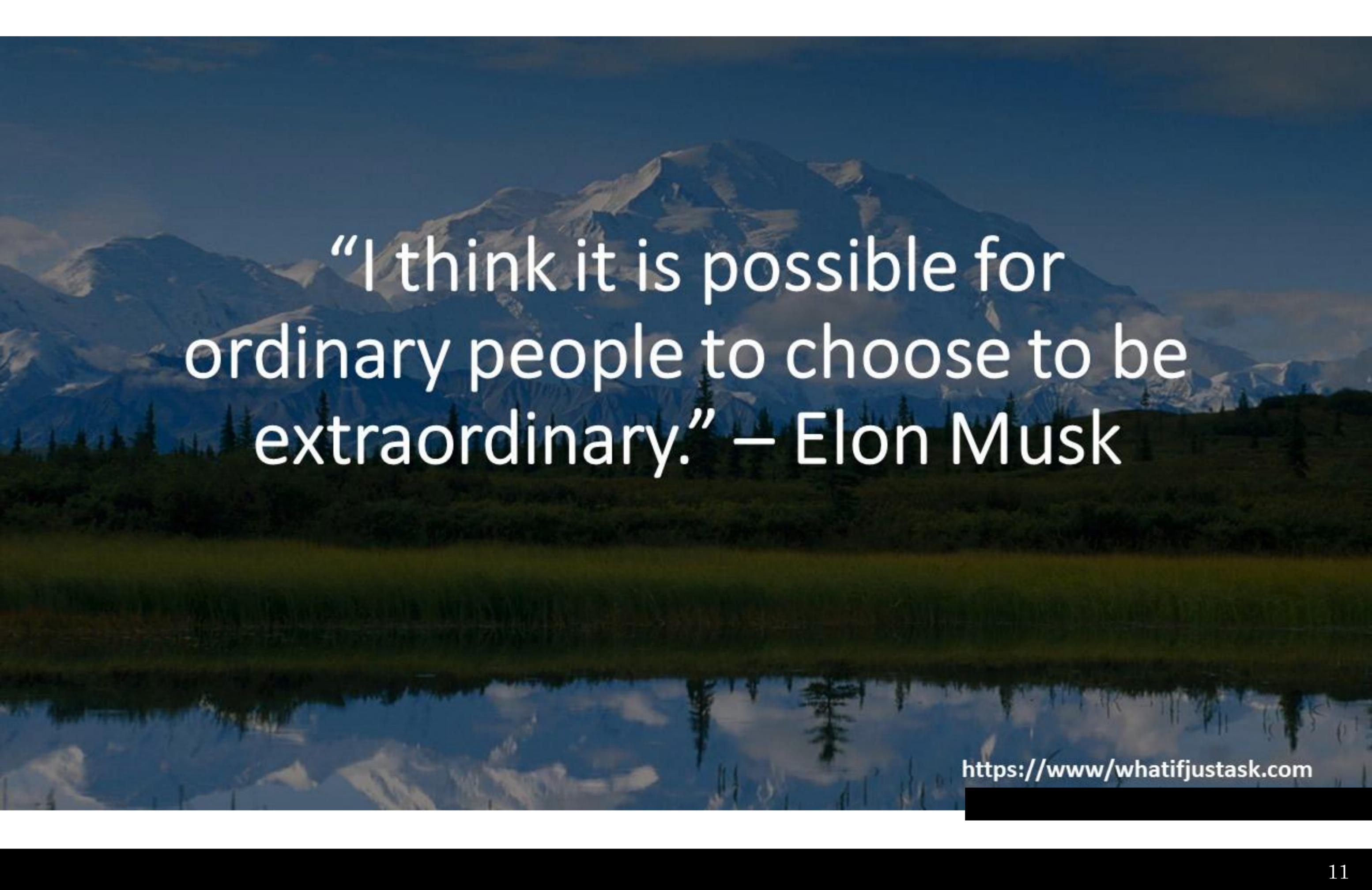
Open-Minded

To think critically, you need to be able to put aside any assumptions or judgments and merely analyze the information you receive. You need to be objective, evaluating ideas without bias.

Problem Solving

Problem-solving is another crucial critical-thinking skill that involves analyzing a problem, generating a solution, and implementing followed by assessing that plan. After all, employers don't simply want employees who can think about information critically. They also need to be able to come up with practical solutions.





“I think it is possible for ordinary people to choose to be extraordinary.” – Elon Musk

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A glowing lightbulb stands out among a sea of unlit lightbulbs on a dark blue background. The glowing bulb is positioned in the upper right quadrant, casting a warm yellow light. The other bulbs are scattered around it, some slightly out of focus, creating a sense of depth. The overall mood is one of inspiration and innovation.

**Sometimes you must do things
different in order to achieve your dreams!!**

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5 Exercise

Mary L. Gavin, MD

You've probably heard countless times how exercise is "good for you." But did you know that it can actually help you feel good, too? Getting the right amount of exercise can rev up your energy levels and even help improve your mood.

Rewards and Benefits

Experts recommend that teens get 60 minutes or more of moderate to vigorous physical activity each day. Here are some of the reasons:

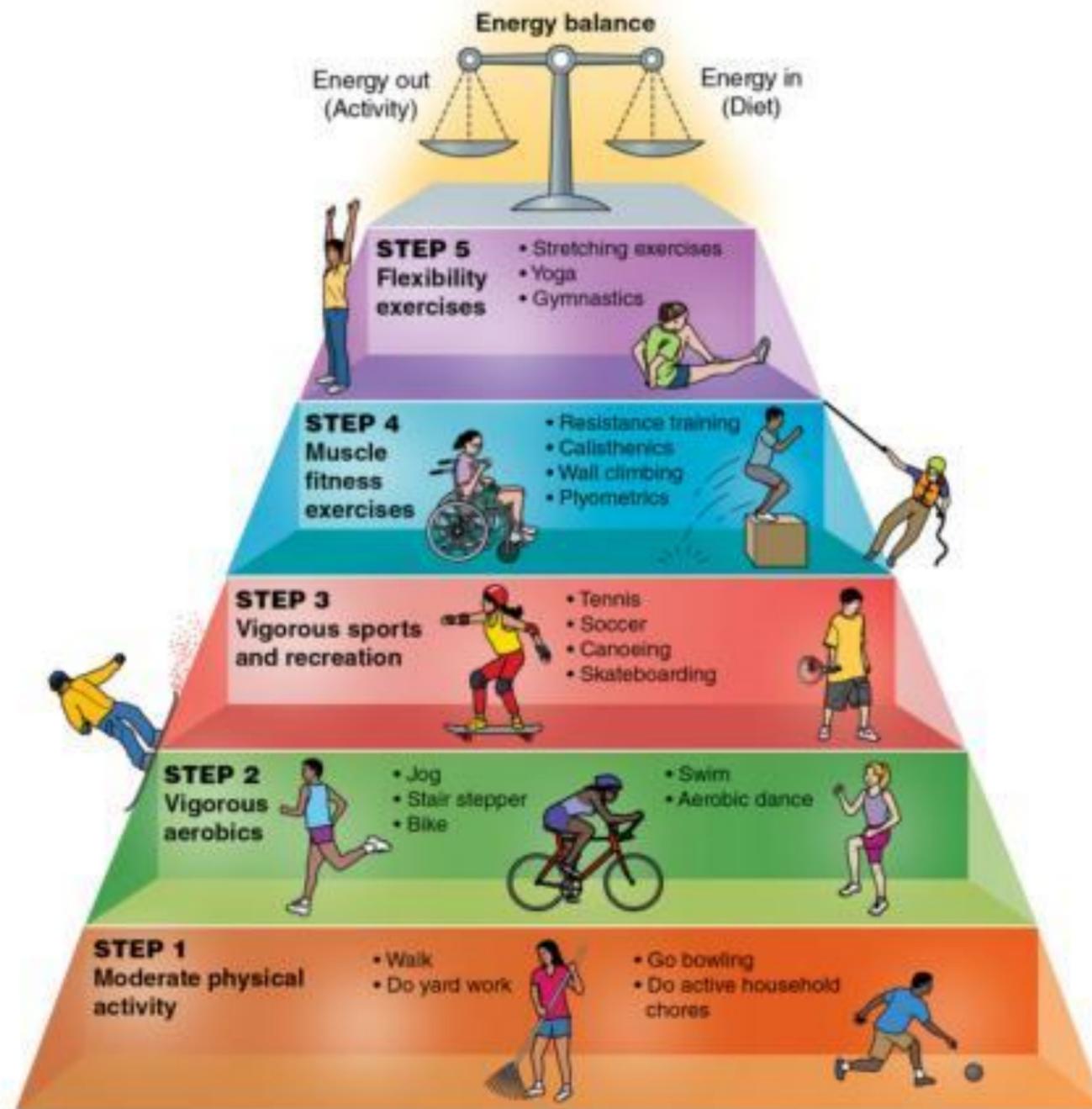
Exercise benefits every part of the body, including the mind. Exercising causes the body to make chemicals that can help a person to feel good. Exercise can help people sleep better. It can also help some people who have mild depression and low self-esteem. Plus, exercise can give people a real sense of accomplishment and pride at having achieved a certain goal — like beating an old time in the 100-meter dash.

Exercise can help you look better. People who exercise burn more calories and look more toned than those who don't. In fact, exercise can help keep your body at a healthy weight.

Exercise helps people lose weight and lower the risk of some diseases. Exercising regularly decreases a person's risk of developing certain diseases, including obesity, type 2 diabetes, and high blood pressure.

Exercise can help a person age well. This may not seem important now, but your body will thank you later. For example, osteoporosis (a weakening of the bones) can be a problem as people get older. Weight-bearing exercise — like jumping, running, or brisk walking — can help keep bones strong.

The three parts of a balanced exercise routine are: aerobic exercise, strength training, and flexibility training.



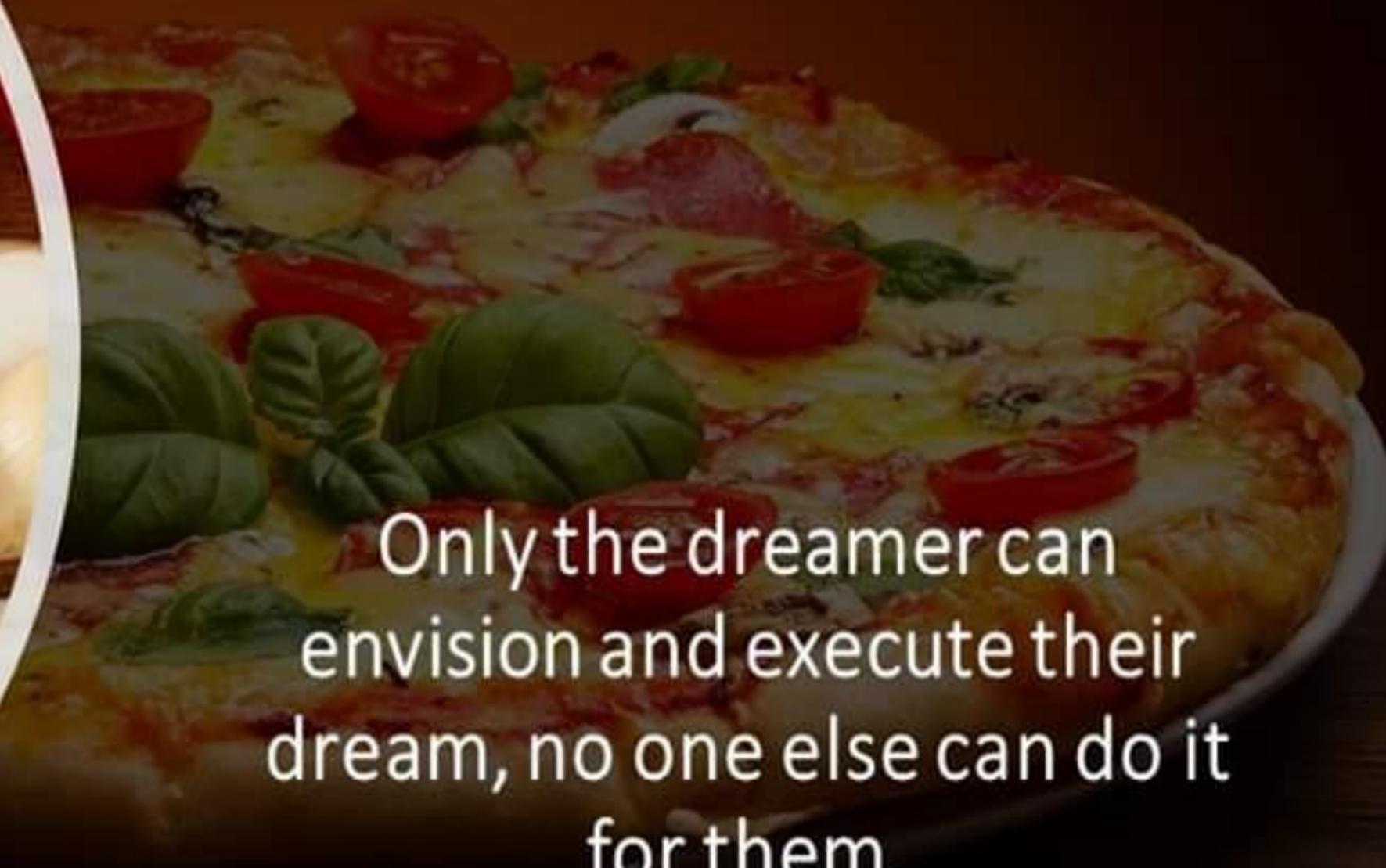
For teens, at least 60 minutes of moderate- to vigorous-intensity physical activity is recommended each day. Activities from the pyramid can be combined to meet this recommendation.





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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) ·

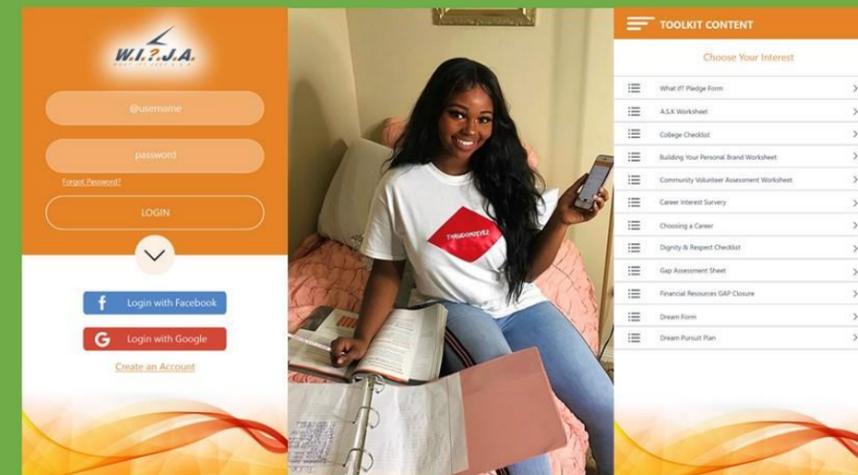
A.S.K. Gap Assessment Sheet ·

Financial Resources Gap Closure
worksheet ·

Dream Form ·

Dream Pursuit Plan

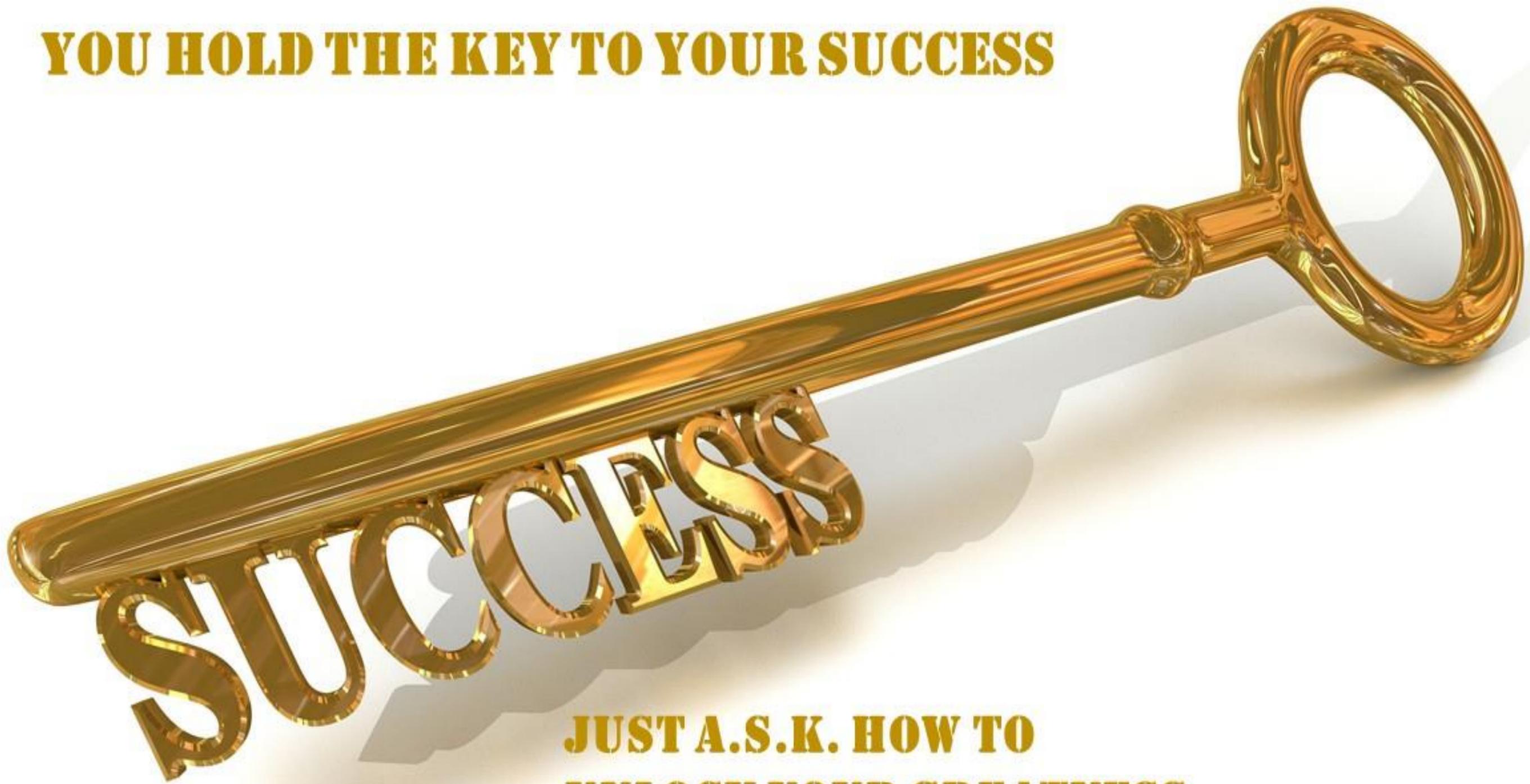
GET THE WHAT IF? JUST A.S.K. TOOL KIT APP



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.



YOU HOLD THE KEY TO YOUR SUCCESS

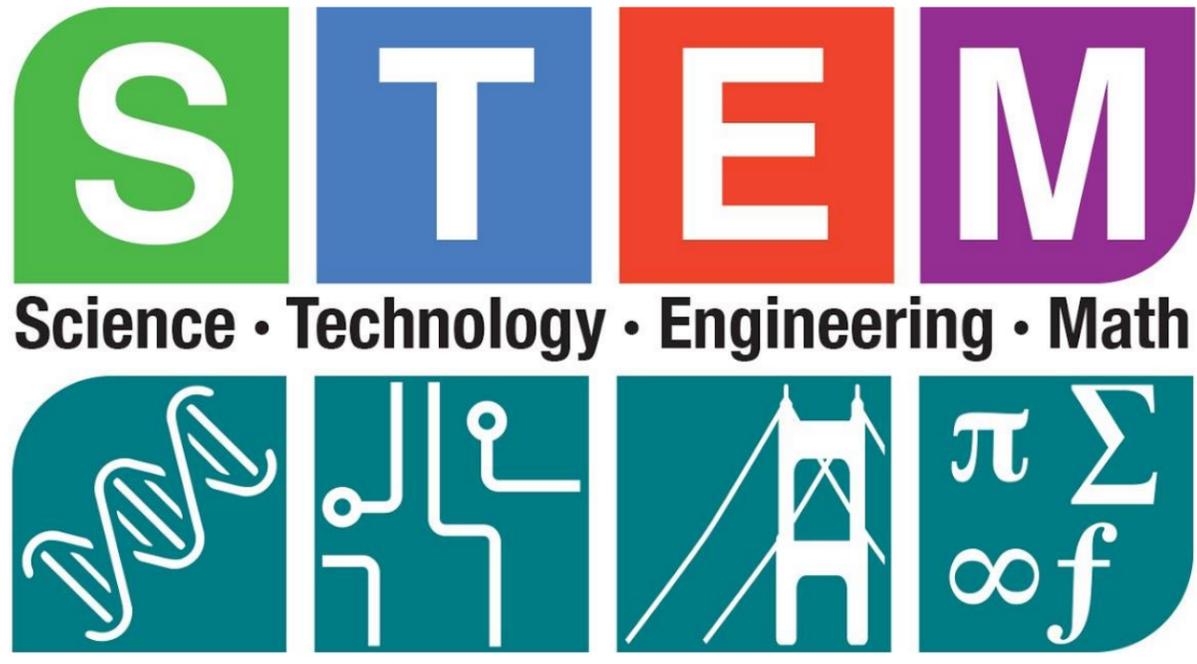


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UNLOCK YOUR GREATNESS**

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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.

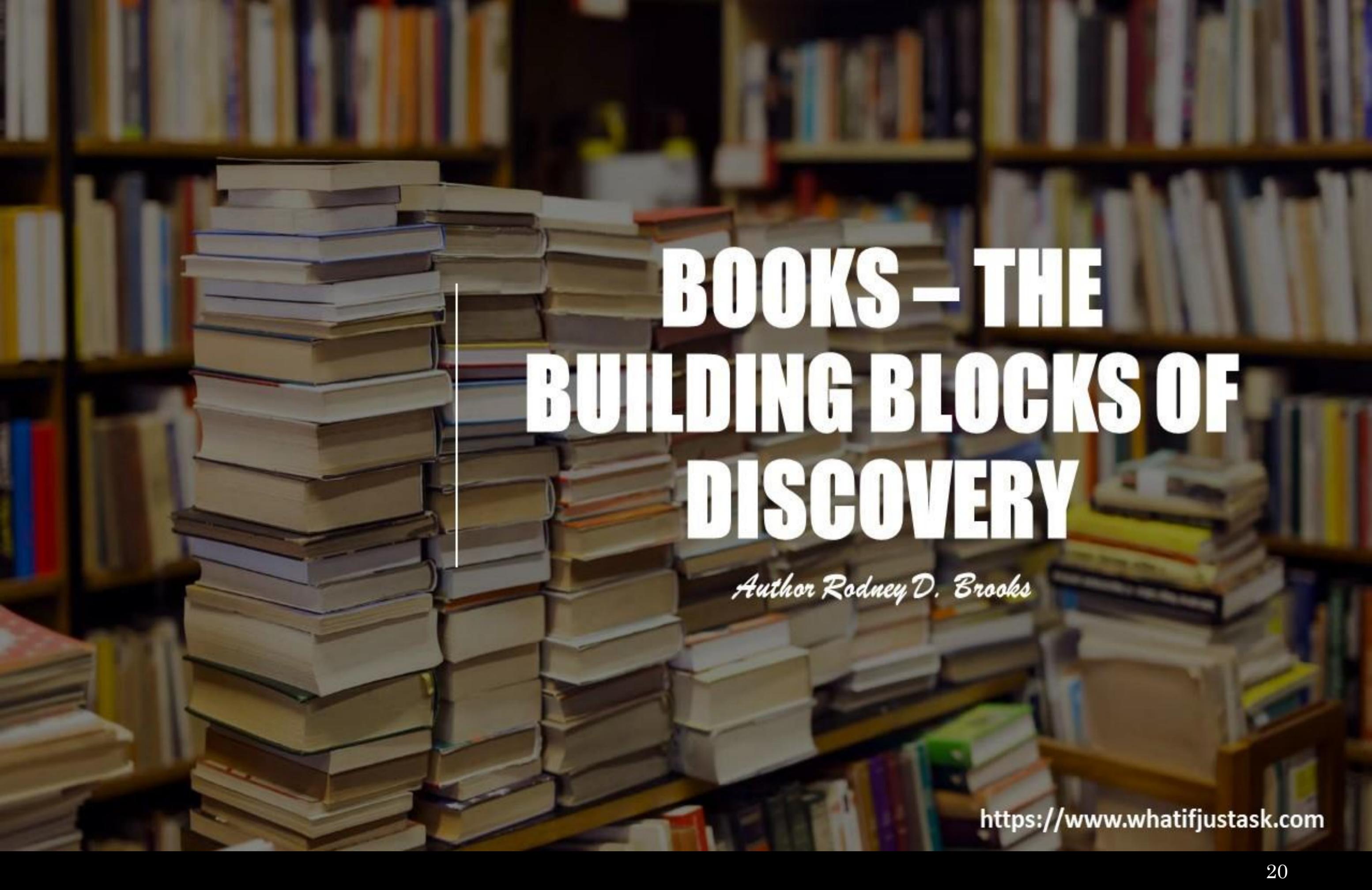
This campaign also addresses the inadequate number of teachers skilled to educate in these subjects. The goal is to get American students from the middle of the pack in science and math to the top of the pack in the international arena.

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.



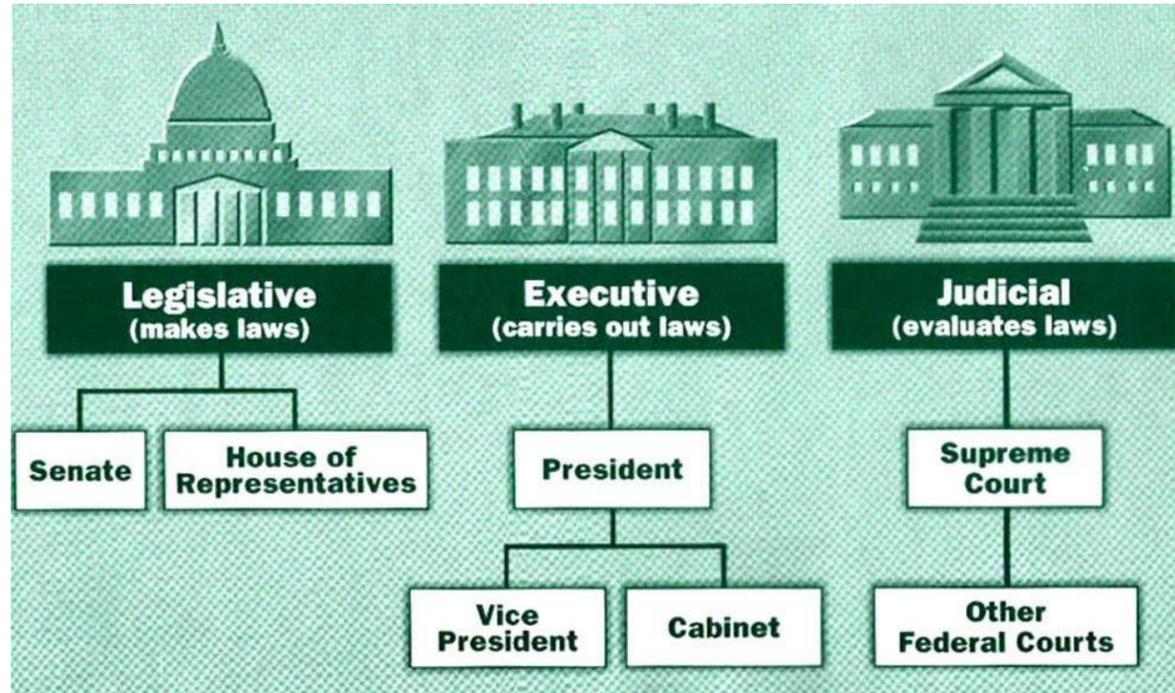
A photograph of a library with wooden bookshelves filled with books. In the foreground, there are several tall stacks of books on a table. The background shows more bookshelves, some with books and some empty. The lighting is warm and slightly dim, creating a cozy atmosphere.

BOOKS – THE BUILDING BLOCKS OF DISCOVERY

Author Rodney D. Brooks

<https://www.whatifjustask.com>

8 The Importance of You in the Political Process



Often when here or think of politics we may think of it in a negative light. We sometime fail to realize that is fundamental make up of our country. Politics is Politics is a set of activities associated with the governance of a country or an area. It involves making decisions that apply to group of members. It refers to achieving and exercising positions of governance—organized control over a human community. The political process is the process of the formulation and administration of public policy usually by interaction between social groups and political institutions or between political leadership and public opinion. Sometimes when we see the process of at work it does not always seem pleasant but it does work. Why is that important. Here in the United States our Constitution developed that we would have three equal branches of government that has a different function. These branches not only provide a check and balance to our process but it also allows for each of its legal citizens who meet the qualifications to be a part of the process. In the days of a monarchy of a king

Queen or emperor; its citizens did not participate in the process. There was no checks and balances and usually power was pass down to only few and most of them were family members.

Here are 10 tips from All Pro Dad.com that are very useful to all.

1. Freedom relies on widespread participation in the political process.

You need to understand that it's important to take part. Not voting and not thinking about politics is a decision to not value liberty.

2. The Constitution.

You need to be familiar with the contents and understand how it was written and why it gets amended.

3. An open mind is not a political affiliation.

Party affiliation does not determine receptivity to new ideas. Openness to growth and learning is more of a spiritual condition. A closed mind can repel wisdom irrespective of our politics.

4. Our political preference is not a religion.

Politics does not provide spiritual nurture nor does our leaning necessarily say anything about our standing with God. The writer of the Declaration of Independence acknowledged that *The Creator* endowed us with fundamental rights, not the government, and certainly not one political party.

5. Free speech should not have a higher value than courtesy.

It is important that you understand the necessity of courtesy in political discourse. It is possible to disagree with respect, to be wrong with integrity, and to be right with humility. This is where parental modeling is of the essence.

6. It's okay to get excited.

America was born out of passionate disagreements, has been sustained by heartfelt debate, and will

remain strong because of—not in spite of—sometimes overly enthusiastic differences of opinion. While #5 is true, it's also important that you realize it's okay to be fervent in your views and to communicate your convictions with enthusiasm.

7. You must learn to think for yourself.

Too many people have given up critical analysis in favor of simply parroting other people's opinions as their own. This is not only lazy but dangerous. The greatest threat to democracy is a voting public—and families—who don't think things through.

8. Listen to both sides

Yu must listen to both sides of a debate and to pay attention to people they think they will disagree with. We must learn how to cultivate multiple sources when gathering information.

9. The truth can handle good questions.

If you don't understand, you should always ask. Good questions reveal truth... or the lie. Either way, good question asking is critical to a political process that works

10. People who disagree with us are not by definition un-American.

We all know people who believe everyone should walk in lockstep (both in politics and in religion). We must teach our children that there is always more to learn, that people who disagree with us aren't always wrong, and that narrow-mindedness is the shortest path to political oppression.



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

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