



YES Newsletter

VOLUME 1, ISSUE 5

SEPTEMBER 2008

Upcoming Events

Remember: Contact your YES Case Manager if you would like to sign up for a workshop!

YES Book Club

Wednesdays 3:00-4:00

Music Interpretation

Monday, Sept. 8th 3:30-5:30pm

Discover the power of music & how it shapes lives
Bring your favorite lyrics & share how a band/song has
influenced your life

Job Link Mi-Wo: Getting along with your Supervisor

Thursday, Sept. 4th 3:00-3:30

Job Link Open Lab: 3:30-5:00

Portfolio Training

Wednesday, Sept 10th 3:30

Learn to showcase achievements, assemble a portfolio,
identify skills and abilities.
Learn about the Y.E.S. Certificate program.

Job Link Mi-Wo: Dealing with Difficult Coworkers

Thursday, Sept. 11th 3:00-3:30

Job Link Open Lab 3:30-5:00

Job Link Mi-Wo: Creative Problem Solving

Thursday, Sept. 18th 3:00-3:30

Job Link Open Lab 3:30-5:00

Health Careers Workshop

Wednesday, Sept. 24th 3:30-5:30

Explore exciting careers in the health field!

Job Link Mi-Wo: Annoying Work Habits

Thursday, Sept. 25th 3:00-3:30

Job Link Open Lab 3:30-5:00

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Cory Manzaneras

is the September Super Cool Employee of the Month

Congratulations



Make Getting Fired Work for You by Anthony Balderrama Edited by Julie Bills

With the unemployment rate reaching 5.5 percent in May 2008, more and more employers are telling workers that they're out of work. While losing your job unexpectedly is never good news, it doesn't have to be a setback. It can be a chance to change directions and find a better career.

The day you get fired, you can feel angry, sad and every other emotion that comes your way. The next day, however, take steps to make the most of the situation.

Ask the right questions

You got fired for a reason, so whether it was you, the job, or the boss, you need to know what did and didn't work about the situation. Todd Dewett, a management professor at Wright State University in Dayton, Ohio, and the author of "Leadership Redefined," recommends asking yourself a variety of questions to assess your experience.

"Why did this happen to me? What useful or practical skills do I need to build in order to avoid this situation in the future? How does my professional network need to grow? Are there things about my interpersonal style or leadership skills I need to reconsider?"

Then, he suggests, take action. "You can innovatively and aggressively start answering these questions. The alternative is to blame others and stew in negative emotions -- and that never helped anyone get their career back on track."

You might discover that you needed to move on from that job but weren't willing to take the step. Look at getting fired as your employer giving you a little push that now allows you to make some drastic changes, says Rachelle J. Canter, career expert and author of "Make the Right Career Move."

"Finding work you love is easily a full-time job. Virtually every career transition client of mine over 20 years has been dissatisfied and made some fledging attempts to find new work," she says. "The lack of financial and employment security provides more time to look and more inspiration to get serious."

It's OK to be happy about it

After hearing that you've been fired, you might be waiting for rage to bubble up or tears to flow, but your initial reaction to getting fired might not be as negative as you expect. You might even crack a smile.

Pamela Skillings, career coach and author of "Escape from Corporate America" has seen people expect to feel bad about their job loss only to realize the benefits of getting fired.

"Of course, most didn't see their pink slips as blessings right away," she says. "It's never fun to suddenly lose your job, though I have heard many say that they were surprised to feel a great sense of relief upon hearing the news that they were being let go."

What now?

Once you've asked and answered the questions, you're left wondering what to do.

- **Explore your options.** Decide if you want to stay in the same field, if you want to make a change or if you want to start your own business.
- **Make a plan.** Once you know where you want to lead your career, take steps toward making it happen. For example, you might need more training or education if you're going to switch careers.
- **Commit.** No job search is easy, especially one that you weren't planning, but you can't be deterred along the way when you don't get every position you want. You'll be tempted to return to the familiar if you're making a big move, but trust your decision to start fresh.



If you aren't fired
up with
enthusiasm, you'll
be fired with
enthusiasm.
Vince Lombardi

The best way to appreciate
your job is to imagine
yourself without one

9 Tips for Better Memory

By Harvard Health Publications Edited by Julie Bills



Don't you hate it when someone introduces themselves to you and one minute later you can't remember their name? We have all had this happen before. Here are some tips for bettering your memory.

1. **Believe in Yourself.** If you believe that having a good or poor memory is out of your control, you'll also be less likely to put in the effort to maintain or improve your memory skills and may thus experience greater cognitive decline as you age. Believing that you can improve— and translating that belief into practice by developing memory skills and challenging your mind— will keep you sharper.
2. **Economize your brain use.** If you don't need to use mental energy remembering where you laid your keys or the time of your friend's birthday party, you'll be better able to concentrate on learning and remembering new and important things. Take advantage of calendars and planners, maps, shopping lists, & address books to keep routine information accessible. Designate a place at home for your keys, purse, & other items you use a lot.
3. **Organize your thoughts.** New information that's broken into smaller chunks, such as the hyphenated sections of a phone or social security number, is easier to remember than a single long list, such as financial account numbers or the name of everyone in a classroom. When presented with something lengthy to remember, divide it into smaller pieces (in the classroom, separate the children by row and gender), or notice patterns, such as repeated digits or all the children with long hair.
4. **Use all your senses.** The more senses you use when you learn something, the more of your brain will be involved in retaining the memory. For example, odors are famous for conjuring memories from the distant past.
5. **Expand your brain.** Widen the brain regions involved in learning by reading aloud, drawing pictures, or writing down the information you want to learn (even if you never look back at your notes). Just forming a visual image of something makes it easier to remember and understand; it forces you to make the information more precise.
6. **Repeat after me.** When you want to remember something you have just heard or thought about, repeat it out loud. For example, if you've just been told someone's name, use it when you speak with him or her; "So John, where did you meet Camille?"
7. **Space it out.** Repetition is an even more potent learning tool when it's properly timed. Instead of repeating something many times in a short period, as if you were cramming for an exam, re-study the essentials after increasingly longer periods of time—one an hour, then every few hours, then every day. Spacing out periods of study is particularly valuable when you are trying to master complicated information, such as the details of a new assignment at work.
8. **Make a mnemonic.** Mnemonic devices are creative ways to remember lists. They can take the form of acronyms—such as the word RICE to remember first-aid injured limbs; Rest, Ice, Compression, & Elevation—or sentences, such as the classic "Every good boy does fine," to remember the musical notes E, G, B, D, and F on the lines of the treble clef.
9. **Challenge yourself.** Engaging in activities that require you to concentrate and tax your memory will help you maintain your skills. Discuss books, do crossword puzzles, try new recipes, travel, and undertake projects or hobbies that require skills you aren't familiar or comfortable with. Again, challenge all of your senses as you venture into the unfamiliar; Try to guess the ingredients in a restaurant dish; give sculpting a try; sample different types of music.

***An education isn't how much you have committed to memory, or even how much you know.
It's being able to differentiate between what you do know and what you don't.***

-Anatole France

8 Ways to Combat High Gas Prices

by Marc Eisenson edited by Julie Bills

1. If the car isn't moving, but the engine's running, you're getting 0 miles per gallon. Make all adjustments to mirrors, seat belts, hair, children - whatever - before starting up.

2. Turn off the engine whenever you'll be sitting for 60 seconds or more, and you'll save on gas.

3. Properly inflated tires will save money on fuel costs. Buy a decent tire gauge and use it. Also, make sure your tires are properly balanced - another gas-saver.

4. Don't use gasoline with a higher octane rating than is recommended in your car's owner's manual. "Higher octane = better performance" is nothing but a marketing ploy.

5. Replace your own air filter. It's incredibly cheap and easy, and can improve your gas mileage.

6. A tune-up, when needed, can cut your fuel costs as much as 20%. The trouble is, today's cars don't need the old fashioned kind of tune-up (points, plugs, condensers, idle adjustments) that we gladly paid for every 15,000 to 25,000 miles in the good old days. Read the recommendations in your owner's manual. You may be pleasantly surprised.

7. Sun shades, the kind you put in the windshield of your car, can do more than help keep the car cooler - they can also keep the dashboard and upholstery in better shape, and save fuel on hot days by reducing the load on your air conditioner.

8. Write or call your elected officials. You could demand a moratorium on gas taxes and/or you could ask them to let you know what steps they can take to lower the price of gas. You might also want to mention that their support of renewable energy

sources (e.g. solar energy) could prevent this costly problem that has us at the mercy of oil producers and distributors. If you go to www.firstgov.gov, it'll be easy to contact them.

Note: Many of these money saving tips are from our book, [Invest in Yourself: Six Secrets to a Rich Life](#), which we wrote with Gerri Detweiler. You'll find lots of other money saving suggestions there, plus our best ideas for getting out of debt, living better on less, and getting the most out of your time.



www.yes.slco.org

Check out the YES blog:
<http://whatsupatyes.blogspot.com>

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