

R.O.P. College & Career Connection ***Shasta High School***

WINTER 2009

Shasta-Trinity Regional Occupational Programs *"Learning for Life"*

Administration of Justice/
Crime Scene Investigation

Animal and Veterinary Careers

Automotive Technology / ASE

Banking/Finance

Building Trades

Careers with Children

Computer Aided Drafting

CISCO

Computer Technology

Cosmetology/Manicurist

Firefighting/ Public
Safety

Dental Assisting

Environmental Science AP

Medical Careers

Restaurant Occupations

Web Publishing

Mrs. Leslie Parker
245-2747

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Main ROP OFFICE
246-3302



R.O.P. NEWS NOTES:

GOOD NEWS! We have MANY openings in R.O.P for the Spring term. See your guidance counselor to see if you can fit ROP into *your schedule!* You will be glad you did! R.O.P. courses provide valuable job skills that will give you a 'leg up' on the competition, as well as gives you a hands-on/up-close look as to what a vocation you are considering is really like. Check us out! We're on the web at: www.strop.org Many of the programs available also offer a 2nd year program thoroughly preparing you for college or to go straight to work! Any questions, just stop on by the career center for more information!

'Tis the season to - VOLUNTEER!

There are countless reasons to volunteer, here are the top ten reasons:

10. Volunteering feels good!
9. Volunteerism increases your self esteem & self-confidence
8. Volunteerism leads to networking
7. Volunteerism helps your high school resume
6. Volunteerism benefits your community
5. Volunteerism helps increase your chances of obtaining scholarship funds
4. Volunteerism keeps away the dreaded boredom
3. Volunteerism gives you a chance to meet and make new friends
2. Volunteerism can often lead to a paying job
1. Volunteerism can be FUN!

Career Assessments in the Career Center:

Freshman and Sophomore students will be coming into the computer lab next to the career center for annual career assessments after the holiday break. Please be sure and have your log-in ID and know your passwords and be 'ready to go' as well as your PREP HQ log in information and passwords. It is also helpful to have your parent's primary email address so we can include them in our important messages. It's your future, so be ready!!

Job seeking? Did you know...

There are currently over 15 million Americans looking for work? If you among the masses **and** a first time job seeker you will need to be prepared. Feel free to stop by the Career Center for some no-nonsense job seeking information. Also, preparedness packets are available with tips on acing the interview and what to wear, etc. Job competition is tough -- be armed with the right tools!

R.O.P. / Career Center Hours:

Monday, Wednesday, Thursday and Friday 7:45 - 3:30
Tuesdays ~ by appointment only

College Options Representative; Lauren Tingley available Thursdays
Next to the Career Center or by appointment at the College Options office