

Calcasieu Workforce Gazette

Calcasieu Workforce Center Youth Department

January

Volume 4, Issue 2



Job Start/Job Fair

1/14/2015

Time: 9:00 a.m. –12 noon

Location: 900 Lakeshore Dr.

Lake Charles, LA 70601

(Lake Charles Civic Center)

Business & Career Solutions Center

"Hiring Event"

1/20/2015

Suddenlink

Time: 1:00 p.m. –4:00 p.m.

Location: 2424 3rd Street

Lake Charles, LA 70601

(Business & Career Solutions Center)

Applicants are asked to bring state issued ID and Resume

Quarterly Leadership Seminar

Tee Tiny Changes Really BIG Results

2/27/2015

Time: 3:30 p.m. –5:00 p.m.

Location: 2424 3rd Street

Lake Charles, LA 70601

(Business & Career Solutions Center)

Presenter: Ms. Aminah Trahan

Job Readiness Workshop

Every 2nd and 4th Friday of each month

Time: 9:00 a.m. –10:30 a.m.

Location: 2424 3rd Street

Lake Charles, LA

(Business & Career Solutions Center)

Save the Date

Financial Fitness

Free Tax Preparation while Managing your Money



Are you Addicted to your Smartphone?

I recently came across a term that I originally thought was funny-but as I began to think more about this, I realized maybe this is a real issue in our culture today. The word:

"Nomophobia" (No-Mobile-Phone Phobia). It is estimated that 40% of the population experiences this. Nomophobia refers to the anxiety people feel when they are not connected to their smart phones. Sound ridiculous? I was recently talking with a teenager who had complaints about his food-service oriented job. The problem was that the manager did not allow phone usage so he considered quitting (apparently that is the benchmark for a lack of on-the-job perks).

As we become increasingly connected digitally, there may be negative consequences not just socially, but mentally and physically as well. Another interesting term I came across was **iPosture**-referring to the extra pressure on the spine that is exerted when tilted forward for longer periods of time (the head weighs 10 pounds!). Text Claw refers to the cramping and soreness in the fingers, wrist, and forearms which can lead to tendonitis.

The phone company Nokia recently conducted a study that estimated people are checking their smart phones up to 150 times per day. This "checking" activities the "task" part of your brain which has a sense of urgency and pressure. All this "checking" can lead to an added feeling of unnecessary stress. Do we need that? We also lose "mindfulness" or the ability to pay attention and savor the moment as we feel the need to "Facebook" our life events. You have seen the photos-people photographing their dinner versus just enjoying the meal and the company. Have you ever seen a video taken of a crisis or someone in distress and thought, "The

person videoing could have been helping!"

Here are some warning signs that your Smartphone use could be a problem:

- Feeling anxious when your phone is not in your hand or within 5 feet of you.
- Constantly checking (social media, email, news app, etc.) or the compulsion to respond immediately.
- Phantom cell phone vibration.
- Not really listening to people when they are talking to you because of your "checking."
- Running to the store but turning around after you realize that you left your phone at home.
- Sneaking off from social events to "check."
- Texting and "checking" when it is really not appropriate (ie-bathroom and bedroom behaviors).
- Spending more time talking about your relationships on social media than actually engaging with the person.

We don't want to suggest that smart phones, social media, and our increased digital capabilities are bad-they are a part of life, and here to stay. They provide us with efficiency, speed, and give us access to information with a click of a button. But with any freedom or advancement comes new responsibilities. If we don't monitor ourselves, we can become indifferent to our world and become dependent on meaningless approval from strangers commenting on an Instagram post!

By: Solutions, Counseling & EAP

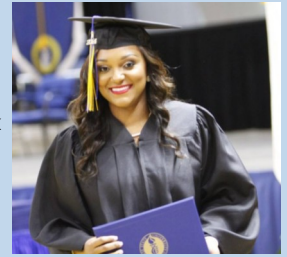
Participant of the Month



Calcasieu Workforce Center
Youth Program
Business & Career Solutions Center
2424 Third Street
Lake Charles, LA 70601
Phone: 337-721-4010
TDD relay number:
1-800-947-5211 or 711
Fax: 337-721-4186
E-mail
CWC_youthadvisory@yahoo.com



Alexis White is the ideal role model for her peers. Alexis attended classes on a regular basis, submitted her paperwork in a timely manner, adhered to all WIA policies, exhibited good work ethics, and is a very ambitious individual.



Alexis was initially enrolled in 2011. Upon enrollment she was determined to be a "Basic Skills Deficient" younger youth with poor work history facing severe barriers to employment and required additional assistance.

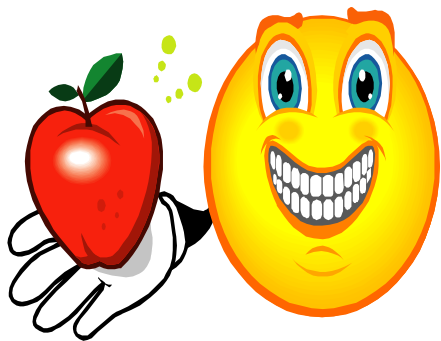
However, Alexis had the aptitudes and temperaments to successfully achieve her educational goal. After being provided the necessary tolls to help increase her Tests of Adult Basic Education (TABE) score, she was retested and succeeded in increasing her grade levels. She also received Leadership Development, Support Services, and Occupational Skills Training. WIA staff provided Job Readiness (Resume preparation, interview skills, job search assistance) during Alexis' last year of school.

Alexis successfully earned her degree in Bachelor of Science in Nursing at McNeese State University.

Alexis net step in her career goal is passing the NCLEX-RN Exam.

Congratulations Alexis!!

2015 Quarterly Leadership Seminar



To kick off the new year with a BANG the Calcasieu Workforce Center will be hosting our first 2015 Leadership Seminar, Friday February 27, 2015. This event will be held at the Business and Career Solutions Center, 2424 3rd Street, Lake Charles, LA from 3:30 p.m. to 5:00 p.m. Guest speaker Ms. Aminah Trahan with the Calcasieu Parish Police Jury will be presenting covering "Tee Tiny Changes Really BIG Results". As a reminder youth participants are required to attend seminars.

For more information, please contact Jonnika Boutte, or Erica Lawrence at 337-721-4010 Ext. 5002 or 5004.